

DAILY Mirror

FIGHTING FOR YOU
Tuesday, April 16, 2019 S0P

HEARTBREAK
Paris cathedral
on fire last night

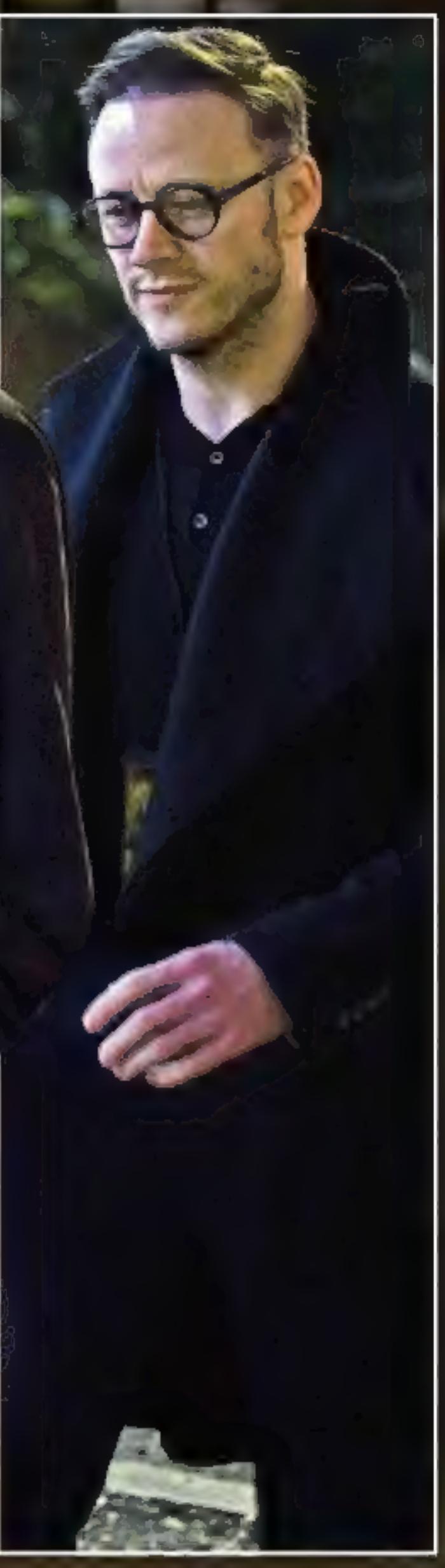


Notre Dame
blaze horror

SEE PAGES 4&5

Strictly
Stacey
& Kevin's
secret
hotel night

EXCLUSIVE: PAGES 8&9



QUICKSTEP Stacey
Dooley heads into
city centre hotel,
followed a minute
later by Kevin Clifton



NHS NURSING CRISIS

ONE IN FOUR WARDS UNSAFE

Staffing back to dangerous levels despite lessons of the Mid-Staffs scandal

BY MARTIN BAGOT

A DAMNING report has warned one in four hospital wards has unsafe staffing levels.

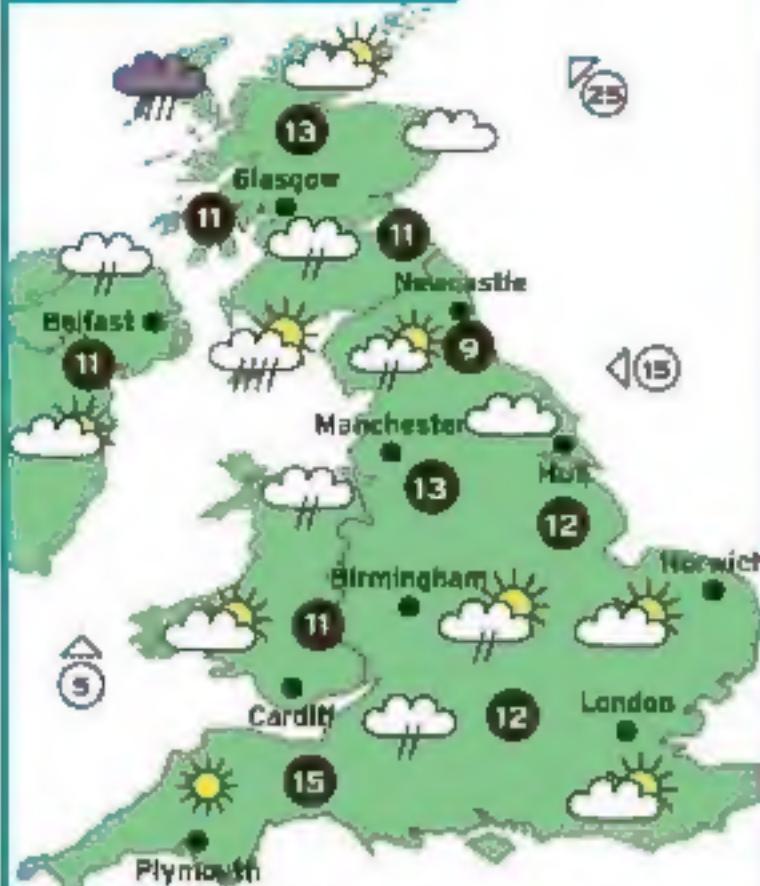
Nursing numbers have dropped to the danger levels that sparked the Mid-Staffordshire deaths scandal.

Tory cuts have caused a recruitment crisis despite warnings.

The Royal College of Nursing said: "Lessons have been forgotten."

FULL STORY: PAGE 7

THE WEATHER

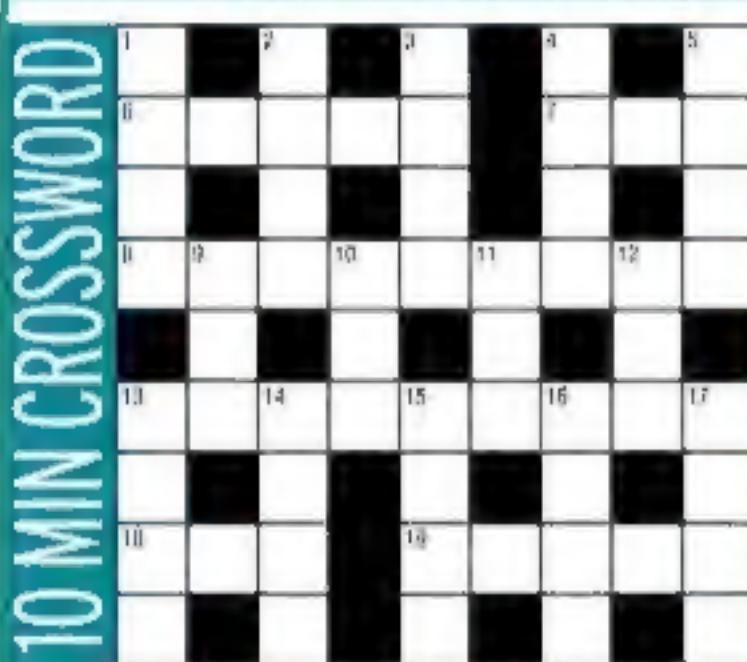


TODAY A wet day for the west but staying dry in the east

Generally cloudy with rain across western and central Scotland, Northern Ireland and Wales including central and north western parts of England. Staying largely dry in the east of England, turning wet in the south east later.

5-day forecast

	Wed	Thu	Fri	Sat	Sun
London	18c	20c	22c	23c	22c
Newcastle	12c	13c	16c	18c	18c
Leeds	14c	15c	18c	19c	18c
Manchester	17c	18c	21c	22c	20c
Liverpool	17c	19c	22c	20c	18c
B'ham	16c	19c	20c	21c	19c
Cardiff	16c	18c	19c	19c	18c
Plymouth	14c	15c	17c	19c	17c
Belfast	13c	16c	18c	19c	16c



ACROSS	DOWN
6 New Zealand native (5)	4 Breed of terrier (4)
7 Relatives (3)	5 Winged pest (4)
8 Harmony (9)	9 Precious stone (3)
13 Show to be involved (9)	10 Electric fish? (3)
18 Flightless bird (3)	11 Raincoat (3)
19 Very angry (5)	12 Mesh (3)
DOWNT	13 Mountain goat (4)
1 Singer, - Burton (4)	14 Sign of sulking (4)
2 Stern (4)	15 Flower (4)
3 Prime number (4)	16 Word of regret (4)
MONDAY'S SOLUTIONS ACROSS: 1 Fructose, 6 Ego, 7 Obese, 9 Able, 11 Hate, 12 Life, 14 Sold, 16 Spasm, 18 Ian, 19 Reunited. DOWN: 1 Freshest, 2 U-boat, 3 Tool, 4 See, 5 Demeaned, 6 Bell, 10 Bass, 11 Idiot, 13 Oman, 15 Oman, 17 Aye.	17 Fall (4)

Brought to you by

THE LOTTERY

LAST NIGHT'S SET FOR LIFE: 7, 15, 32, 46, 47.

Life Ball: 8.

SATURDAY'S LOTTO: 4, 10, 15, 24, 37, 38.

Bonus: 30. No winner of £4million jackpot.

THUNDERBALL: 1, 3, 5, 12, 33.

Thunderball: 7. One winner of £500k jackpot.

HEALTH LOTTERY: 12, 15, 29, 40, 47. Bonus: 3.

FRIDAY EUROMILLIONS: 1, 28, 35, 36, 46.

Lucky Stars: 6 & 9. No UK winner of £14.7m.

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ADMISSION Sajid Javid

Javid: I fear for my kids on street too

BY PIPPA CRERAR

SAJID Javid admits the bloodshed on our streets leaves him fearing for his own children's safety.

The Home Secretary made the comment during a deeply personal speech on violent crime yesterday.

He said: "I'm not ashamed to confess I have stayed up late at night waiting to hear the key turning in the door and only then going to bed knowing they have come home safe and sound."

"I know if I don't feel safe on the streets, if I don't think the streets are safe enough for my own children, then something has gone terribly wrong."

Ministers have announced £100million for police to tackle knife crime and relaxed rules on stop and search powers in the worst-hit areas.



CUDDLY Chris Bryant MP

Labour Chris: Poor MPs all need big hug

BY MIKEY SMITH
Political Correspondent

CHRIS Bryant said what MPs really need is a big "hug" as he made his pitch to replace John Bercow as Commons Speaker.

The Rhondda MP said he wanted to "tend to the wounds" inflicted on Parliament by Brexit chaos and bring people together.

He said: "There's a Welsh word, cwtch, which means hug. I just feel like it all needs a bit of a cwtch at the moment."

The Labour MP recently had surgery to remove a cancerous growth from his head, but he told The House magazine he is as "chipper" as ever.

Bercow, who became Speaker in 2009, was expected to say he would step down after Easter but it is now thought he will stay until Brexit is resolved.

DARST

WELCOME BREAK

PM & husband Philip stop for tea break at services on way to Wales



MAY'S GAME OF CRONIES

Tory leadership fight hots up as PM goes on holiday

BY PIPPA CRERAR Political Editor

THE battle to replace Theresa May stepped up yesterday after the Prime Minister left for a hill-walking holiday in Wales.

A string of senior Tories jostled to parade their leadership credentials while Mrs May was away from No10.

Downing Street aides insisted she had no plans to repeat her fateful decision to call a snap election while on holiday two years ago.

But with fury among Brexiteers growing, the PM could still face a challenge.

Senior Tories are said to have agreed to review party rules stopping PMs facing more than one no confidence vote in 12 months.

Three potential successors – Sajid Javid, Jeremy Hunt and



(...or fewer)

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struggle to hang on to power if she cannot get her Brexit deal through before European elections on May 23.

"That would be a very serious situation – I don't pretend otherwise – but we aren't at that point," he said.

Mr Johnson said that after the UK got through Brexit a "pent-up tide of Tory ideas" would flood the country.

Another possible contender, ex-Brexit Secretary Dominic Raab, referenced the tussle for power in TV show Games Of Throne, hinting that outsiders should not be written off.

He tweeted: "I'm not alone in backing Arya. It's never the favourite."

Yet many of Mrs May's main rivals do not want the job until the toxic issue of the EU divorce deal is settled.

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@PippaCrerar

VOICE OF THE MIRROR: PAGE 6

CORRECTIONS & COMPLAINTS

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SUPPORT Harry and Meg

Royal thanks over charity baby shower

BY RUSSELL MYERS
Royal Editor

THE Duke and Duchess of Sussex have thanked their millions of supporters for donating to charity for their global baby shower.

Prince Harry and Meghan posted a snap of themselves on Instagram page, @SussexRoyal to thank people for giving to their four chosen children's charities ahead of the arrival of their baby.

They said: "Not only did many of you lend your support, you took action."

"We thank you so much."

Supporters donated money and goods such as cots to Lunchbox Fund, WellChild, Little Village and Baby2Baby.

The news came as bookie Ladbrokes slashed the odds of the Duchess giving birth over the Easter weekend to 3/1.



SURGERY Prue Leith

Why Prue is angling for a shoulder op

EXCLUSIVE BY KELLY ALLEN

PRUE Leith is going under the knife to get her dodgy shoulder fixed so she can celebrate her 80th birthday fly fishing in Scotland.

The Bake Off judge, who turns 80 in February, has revealed she struggles to get her arms raised to cast.

She said: "I love fishing and I've done a lot of fly fishing in my time, but now I have a wonky shoulder so I can't."

Prue and husband John Playfair, 72, have booked a week's fishing on the river Naver in the far north of Scotland for her 80th.

She said: "So I have to get my arm fixed. I've got 18 months to do it."

She told Paul McKenna's Positivity Podcast: "One of the things about being really old is that you are so conscious of how much time you have left."



Carol's glutey regime

AS a two-time Rear Of The Year winner, TV star Carol Vorderman has to ensure that she takes good care of her most famous asset.

The former Countdown host, who looks younger than her 58

years, worked out yesterday with personal trainer Dave Concannon.

She tweeted the snaps, writing: "Dave always says never miss a Monday, so I don't. Lots of glutes today with weights, ouch."

Enders' Dot: I will not give up fags and booze at 92

BY MARK JEFFERIES Showbiz Editor

JUNE Brown has said the secret to a happy life is to "do exactly what you damn well please".

Aged 92, the EastEnders actress, known to millions as Dot Branning, refuses to give up boozing, smoking and eating food she enjoys.

June said: "I'm going to die of something fairly soon, so why not enjoy myself?"

I love red wine and also dark chocolate...

And the Guinness helps me keep a bit of weight on. So I don't need to be careful about what I eat or drink.

What's the point of counting how many cigarettes I smoke a day? I've been on them for over

70 years. I did try one of those new electronic cigarettes, but it was so heavy it kept falling out of my mouth – so that went in the bin.

Earlier this month, June told the Mirror she is losing her eyesight and is already struggling to "go out socially" because of her vision.

She has suffered from macular degeneration for 10 years.

Speaking to the Radio Times, June also said she was now completely deaf in her right ear after lightning hit her house and caused a plug to explode with an "almighty bang".

And the soap star revealed she relaxes by watching Sir David Attenborough wildlife documentaries.

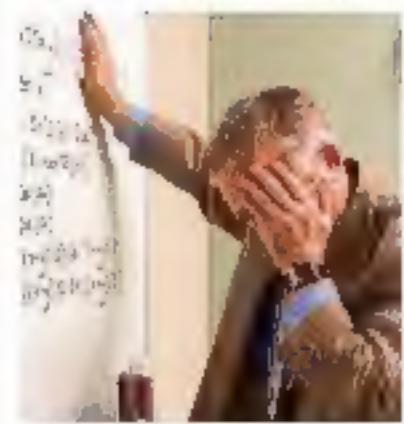
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ENJOYING LIFE June

Teachers quitting classroom over their excessive workload



LONG HOURS Teacher

GOOD teaching staff are "haemorrhaging" from the profession and blaming their workload, a survey has revealed.

The biggest teachers' union warned the problem is worse than a year ago as teachers struggle with 60-hour weeks.

Some 40% say they will have quit by 2024 – 18% within two years – with 62% of them blaming workload.

The results of the National Education Union survey of 8,674 members were

revealed at its conference in Liverpool, as the NEU chief called for a rethink.

Kevin Courtney said: "We need drastic action from Government to stop the haemorrhaging of good teachers."

The Department of Education said it is determined to "reduce workload" and is taking a "range of actions to do this".

■ SATs may be scrapped next year as the NEA voted for a possible boycott, calling the tests "detrimental" to children.

16+ TO PLAY

20th March to 30th April. From 10:30am. Selected items. Subject to availability and fair ordering policy. UK only. Some prizes require a limit of 1 per person per household; online redemption, parent to claim if under 18; credit/debit card, delivery charges, collection, registration, broadband/3G and/or verification process. See Rules at monopoly.co.uk/moneopoly or ask in restaurants, including for prize pools, descriptions, conditions and claims.

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GONE IN MINUTES Spire is engulfed after roof erupts

SHROUDED IN SMOKE The tower

TOPPLED Cross from the spire falls to the ground

DESPERATE Bid to douse the huge fire

SHOCKING The inferno from above

GLORIOUS Stunning Notre Dame before fire

BY ANDY LINES Chief Reporter

A DEVASTATING fire at Notre Dame was still not under control last night as flames ripped through the 850-year-old Paris cathedral.

Firefighters battled to save the famous west-end towers after thousands of locals, many in tears, watched its 90-metre spire crash to the ground.

Cathedral spokesman Andre Finot said: "Everything is burning."

The roof collapsed and much of the building was razed to the ground with hundreds of irreplaceable sculptures and paintings likely lost for ever.

Reports suggested three medieval rose windows exploded in the heat of



BURNING BEAUTY
Flames tear through the timber roof



STUNNING South Rose window

Fears historic windows lost

THERE were reports last night that the Cathedral's three world-famous, stained-glass rose windows had exploded in the fire.

The intricate glasswork depicting religious figures, kings and prophets was seen by millions.

The West Rose window, finished in 1225, was the smallest of the three, but still around 33ft across.



HISTORIC North Rose window

Between 1844 and 1867, architects Jean Baptiste Lassus and Eugène Emmanuel Viollet-le-Duc spent 23 years restoring it.

The North Rose window still had most of its original glass in place until yesterday. The South Rose was gift a from King Louis IX. Both were finished in mid 13th century.



INTRICATE The West Rose window

HEARTBREAKING

» Blaze rips through iconic cathedral » Fight to save the 850-year-old site

the blaze, believed to have started during work on the wooden roof.

As the fire intensified, 400 fire crew fought to save the site. But the cathedral's position, on an island on the River Seine in Paris's busiest quarter, made fighting the blaze very hard.

One watching official called it "an enormous tragedy to the beating heart of the city of Paris."

President Emmanuel Macron came to witness the desperate efforts to save parts of the cathedral.

He said to the nation: "I am sad tonight to see this part of us all burn."

Witnesses described being covered in ash as they fled the scene.

One, Robin Carter, said: "I just

cannot believe what I saw. This is my first visit to Paris and I am watching such a famous cathedral burn. It's just heartbreaking. Some people around me were in tears. It's devastating."

Labour MP Yvette Cooper was in Paris and saw the spire collapse.

She said: "I have just come from the bank of the Seine after the spire fell as I can't bear to watch any more."

"Fearful for anyone close to the flames, and aghast that centuries of history and beauty could disappear into smoke so fast."

US student Ashley Huntington, 21, said: "You could just get close and see the smoke. The smoke is everywhere."

Prime Minister Theresa May said:

"My thoughts are with the people of France and with the emergency services who are fighting the terrible blaze at Notre Dame Cathedral."

Archbishop of Canterbury Justin Welby said: "We pray for the firefighters and for everyone who watches and weeps for this beautiful, sacred place where millions have met with Jesus Christ."

Millions of tourists visit the cathedral every year. Construction began under King Louis VII in 1163 and was completed in 1345.

The Gothic masterpiece

boasted huge stained glass windows, a rib vault and flying buttresses.

The timber roof was built with up to 5,000 oak trees by medieval craftsmen. In 1831, Victor Hugo published his famous novel *The Hunchback of Notre Dame*, highlighting its dilapidated tower.

In response King Louis Philippe ordered a large restoration 13 years later, creating the spire toppled in the blaze last night.

The alarm was raised at 6.30pm and dozens of fire engines were scrambled.

Paris Mayor Anne

Hidalgo said: "A terrible fire is under way at Notre Dame. We are mobilised on the spot."

Later US President Donald Trump tweeted: "So horrible to watch. Perhaps flying water tankers could be used to put it out. Must act quickly!"

But the French civil defence and crisis agency dismissed the suggestion, saying: "The drop of water could result in the collapse of the entire structure along with the fire fighters."

Last night the Archbishop of Paris called on all priests in the capital to ring bells throughout the city.

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@andylines

I am sad
tonight to
see this
part of us
all burn

EMMANUEL MACRON
FRENCH PRESIDENT

NHS needs safe hands

UNSAFE nursing levels in the National Health Service are a damning indictment of nine awful years of Tory austerity.

The worst spending squeeze in our most precious public service's 71-year history is turning the clock back when one in four hospitals operate on dangerous staffing levels partly blamed for the Mid-Staffs deaths scandal.

Demoralised, disillusioned, overworked and undervalued nurses are quitting because they are fed up with mounting responsibilities when this Government has squeezed their wages, reduced their living standards and forces them to pay more for worse pensions.

What the NHS and its staff need is care, love and money if patients are to be treated better and live healthier, longer lives. What we've seen is a succession of Tory Ministers, including the current Health Secretary, Matt Hancock, hiding behind excuses when we want answers.

Extra funds scheduled over coming years are insufficient to fix damage inflicted since 2010 and transform the NHS for the future. The simple truth is it isn't safe in Tory hands.

Slime ministers

JOSTLING Conservatives putting personal interest ahead of the national interest in the Tory Party's grim Game of Cronies are all unfit to be Prime Minister.

These preening political peacocks care only for themselves and their lack of respect for the public is the misplaced entitlement of egotistical right-wingers who devoted nine years to squeezing family incomes and public services.

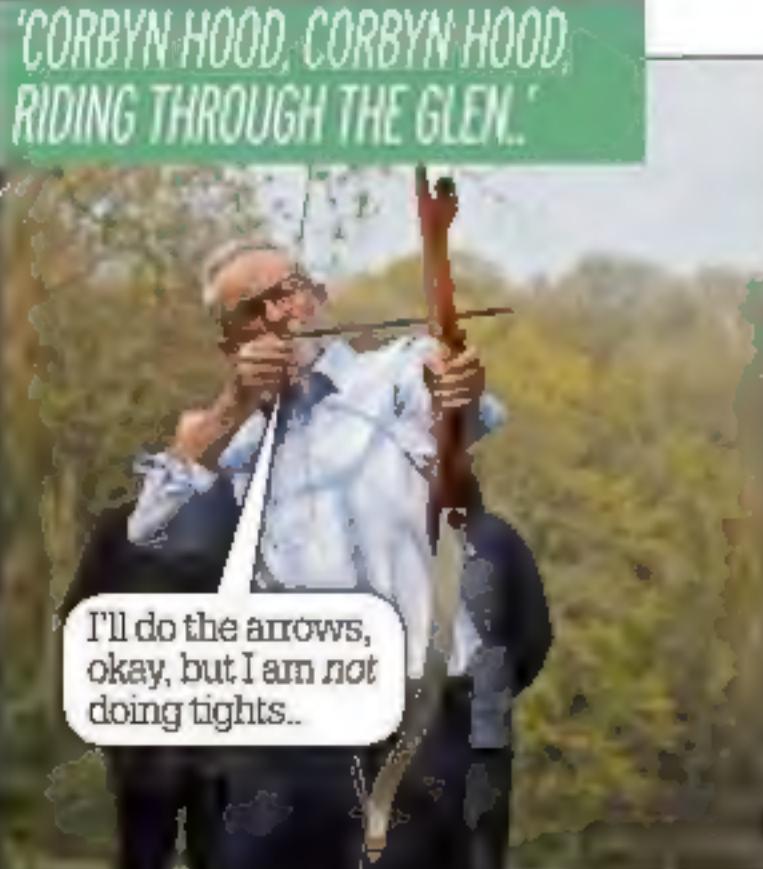
Theresa May is undoubtedly on her way out but what we need is not a contest for PM decided by 313 Tory MPs or 120,000 members of the Tory Party but a General Election.

We the people should decide who is our next PM, what happens about Brexit and the future.

Pray for Paris

THE blaze that ripped through Notre Dame has scarred the heart of Paris.

Let us hope that the Gothic masterpiece – perhaps the best-known cathedral on the planet – can be restored to its full glory.



Customers are being duped by fake five-star ratings

BY NADA FARHOUDEditor

ONLINE giant Amazon has been plagued with thousands of fake five-star reviews duping customers into buying unknown brands.

Hundreds of technology products including headphones, dash cams, fitness trackers and smart watches were checked for signs of suspicious reviews in an investigation by consumer group Which?

It found Amazon's system of customer reviews and ratings is being seriously undermined by a flood of bogus reviews for products made by unknown brands.

Which? found top-rated items were dominated by little-known companies such as ITSHINY UK, Vogek and Aitalk, boosted by thousands of unverified reviews – meaning there is no evidence that the reviewer has even bought or used the product. Many also

4,348 customer reviews



had a suspiciously high number of five-star ratings that had been dumped onto Amazon's review pages in a short space of time – another red flag suggesting the reviews are fake.

One set of headphones, by unknown brand Celebrat, had 439 reviews. All were five-star, unverified and arrived on the same day.

Three smartwatches had a five-star average customer rating – and more than half of the reviews (61 out of 114) for the Galsso Kids Smartwatch had appeared in one 24-hour period on March 20.

The pattern was repeated with action cameras, fitness trackers and wireless security cameras.

Natalie Hitchins, Which? head of home products and services, said: "Amazon must do more to purge its websites of unreliable and fake reviews if it is to maintain the trust of its customers."

But how can you avoid falling victim? Read our guide to avoid being misled when buying...

What is a fake review?

A positive endorsement posted by a company employee, paid individual or anyone else with a vested interest in selling you a product.

Avoid being scammed on third party websites

Unknown companies: Look at customer reviews even more carefully if you're looking to buy a brand on sites such as Amazon or eBay that you don't recognise.

Repetition: If you see hundreds or even thousands of reviews – be suspicious, especially if they are largely positive. The same review

Review can you believe?



NAGGING DOUBTS

Check for tell-tale signs of fake ratings

★★★★★ Super sound and comfort

20 May 2018

Verified Purchase

were posted in a short period of time, it's likely that they are fake.

Check seller profiles: Be wary of foreign seller locations, strange business names, a lack of contact details and of course, negative reviews of the seller.

And when purchasing from little known sites

Spelling errors: There may be ways to investigate who is behind the positive postings on some websites so it pays to look around first before parting with your cash.

Visit the homepage or the 'about us' pages and read the text there.

Watch out for poor English, such as spelling mistakes, or phrases that don't sound right. It

could mean the site isn't genuine and was put together by someone looking to make a quick profit.

Domain names: Check the web address is legitimate and has not been altered by slight changes to a domain name – such as going from .co.uk to .org.

Lack of reviews: Don't just rely on one review – do a thorough online search to check the firm's credentials. Check if the company is a member of a recognised trade body such as ABTA and search the web thoroughly to look for any customer complaints.

Payment: Never pay directly into a private individual's bank account. The cash is very difficult to trace and non-refundable.

If you buy something that turns out to be fake or non-existent with a credit or debit card, you do have some rights to get your money back. Unfortunately, if you do pay by bank transfer, it is very difficult to get your money back.

Reverse image search: If an image of a product is provided but you have suspicions about the

amazon

tripadvisor ebay

WEB GIANTS

Sites rely on reviews reviews, right click on the image of the image and then on "search Google for image". If it's a fake, this will help you locate the real site.

You can also use this trick if a user has posted a picture of themselves. Fake villa sites have been known to steal photographs from genuine LinkedIn profile pages to pass off as managers of fake companies.

If you fall victim

Notify the site immediately as Amazon, eBay, TripAdvisor and other third party sites have the power to block these users so others can be protected. Always screen grab pages at the time of purchase showing prices and descriptions. This can help you if you have difficulties later on with the seller.

You may be entitled to some money back depending on how you paid so call your bank or credit card company.

If you have been scammed out of hundreds or thousands of pounds for a product that doesn't actually exist, contact Action Fraud on actionfraud.police.uk.

■ Amazon said it invests significant resources to protect the integrity of reviews and it has clear guidelines for both reviewers and selling partners and it suspends, bans and takes legal action on those that violate them.

They use investigation teams and automated technology to spot fake reviews as well as working alongside social media sites.



LANDLORD Paul Bussetti

Millionaire is charged over Grenfell vid

BY MATTHEW YOUNG

A PROPERTY millionaire has been charged after video of a model Grenfell Tower on fire went online.

Paul Bussetti, 46, has been charged with sending or causing grossly offensive material to be sent on a communications network.

Six people were arrested after the footage went up on social media after bonfire night last year.

In it men and women were heard shouting "help me!" and laughing.

After arrest it emerged Bussetti co-owned an £8million block of flats said to bring in around £30,000-a-month in rent.

A total of 72 people died in the Grenfell tower block inferno in June 2017.

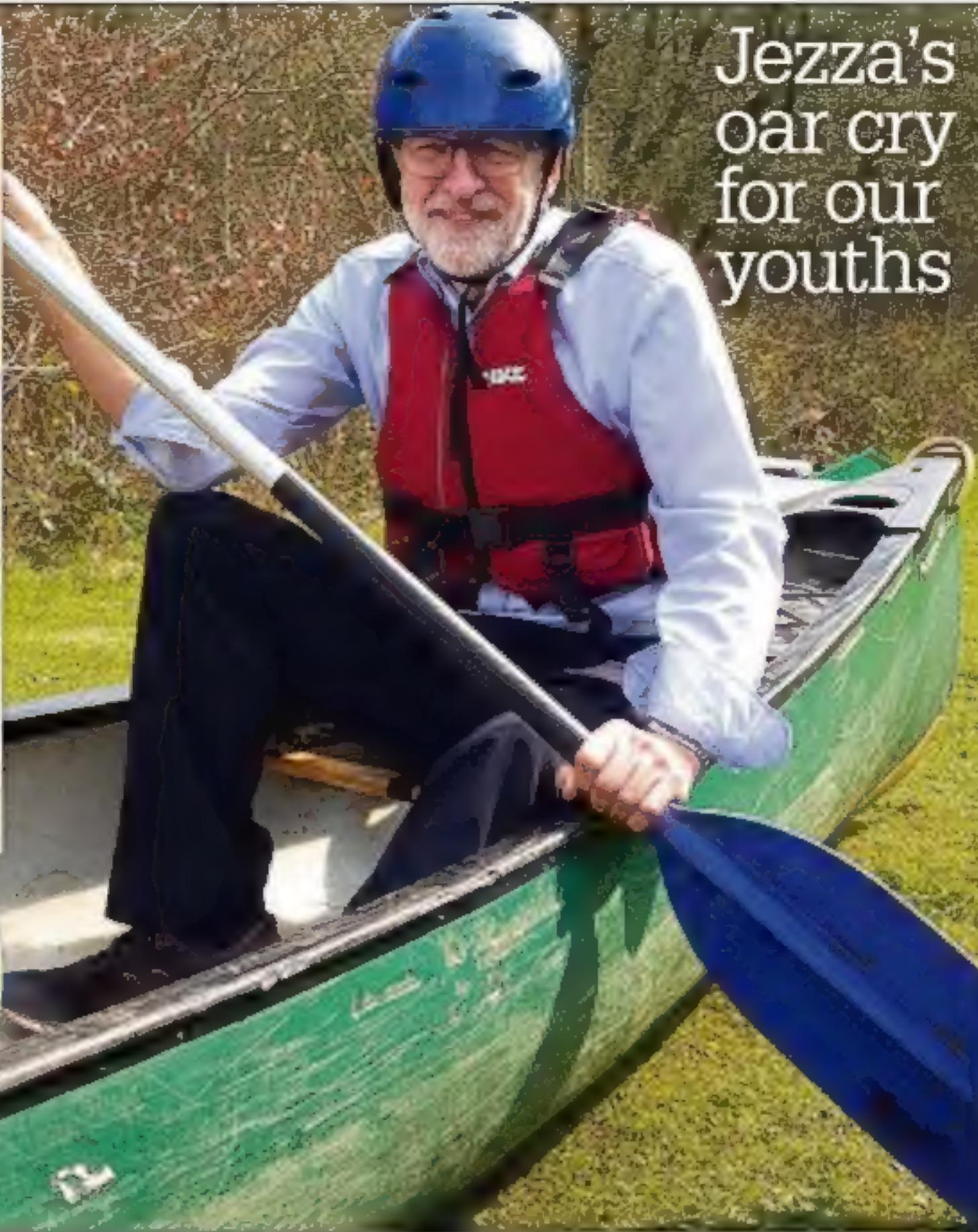
Bussetti, of South Norwood, South London, is due before Westminster magistrates on April 30.



ARCH ENEMY Corbyn took aim at Tories



ACTION MAN He tries out safety gear



Jezza's oar cry for our youths



DEFENCE Shamil Begum

JEREMY Corbyn sticks his oar in on Tory cuts to youth services as he visits a crime reduction project.

The Labour leader posed in a canoe and tried archery at Sunnyvale Fishery and Outdoor Activity Centre in Hipperholme, near Halifax, West Yorkshire.

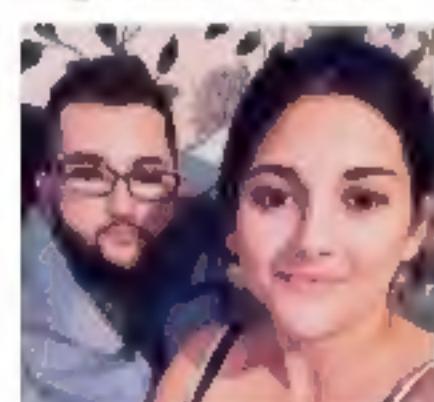
And he vowed to make youth provision a statutory duty for authorities as he slammed an £800million, or 70%, drain since 2010.

Mr Corbyn said of the impact of cuts: "Not very surprisingly, there's been an increase in youth crime and youth violence."

"So we do have to invest in young people."

Meanwhile, he defended jihadi bride Shamima Begum's right to apply for legal aid after being stripped of her British citizenship.

Mr Corbyn said: "She is a British national and has that right, like any of us do."



TRAGIC Yanna & Marko

Kids aged 1 & 2 orphaned in car crash

BY MARTIN FRICKER

TWO young children were orphaned when their parents were killed in a head-on smash caused by a suspected drug-driver.

Yanna Kockova, husband Marko Godla, both 22, and her brother Tomas Kocko died in the early hours of Sunday.

The couple leave Nela, two, and Rachael, one.

Milan Godla, Marko's cousin, said: "Feeling sad and heartbroken. My cousin has been involved in a crash with his wife and her brother. You will be missed. Rest in peace."

The smash came as the other driver went the wrong way on a slip-road in Peterborough, Cambs.

He was arrested on suspicion of causing death by dangerous driving and remains in hospital in a critical condition.

CRISIS LEVEL

BY MARTIN BAGOT

Health and Science Correspondent

NEW guidelines brought in after the Mid-Staffordshire hospital deaths to prevent a repeat of the horrific scandal are not being met due to Tory cuts, experts have warned.

A damning report reveals one in four wards are now operating below the recommended staffing levels of eight patients per registered nurse.

And there are fears of more tragedies as health chiefs struggle to recruit numbers needed to fulfil the guidelines of the report into the Mid-Staffs crisis, where 1,400 patients died due to poor care linked to a lack of nurses.

Staffing levels fell by a third after 2106 when the Tories axed vital bursaries which funded living costs for nurses in training.

One in 10 NHS posts are unfilled with at least 40,000 vacancies. At some hospitals one in five nursing posts are empty. Royal College of Nursing director Patricia Marquis said: "Mid-Staffs has shown us the dire consequences of nurse shortages and yet those precious lessons have

- » Staffing unsafe on 1 in 4 wards
- » Mid-Staffs lessons not learned

been forgotten so quickly. It will trouble patients and the public today to hear experts warn again of the deadly risks being run and that some parts of the NHS have one in five posts vacant according to this report.

Now there are 40,000 unfilled nurse jobs in England, it is time for ministers and the NHS to get a firm grip on the situation before it deteriorates further.

The Government-funded Safe Staffing in Acute NHS Trusts study was carried out by Southampton University.

Researchers quizzed 91 directors of nursing and

analysed national workforce data. Report author Professor Jane Ball said: "The ongoing national shortage of registered nurses, and failure to increase supply sufficiently, has not been addressed. This failure has prevented safe staffing levels from being achieved."

"NICE identified a ratio of eight patients per registered nurses as a level that threatens patient safety. But in our survey of directors of nursing, one in four reported wards were routinely running with this high-risk level."

Prof Ball also said a lack of investment in the workforce meant trusts had a "clear vision of safe staffing but without the sufficient means to deliver on it".

The investigation into deaths at Stafford Hospital between 2005 and 2009 and a subsequent report by Sir Robert Francis QC led to reforms across the NHS.

But the new study said the initially

strong policy response "has become more muted" within trusts.

Rising NHS staff levels flatlined as a result of Tory austerity policies.

Ms Marquis added: "The legacy of the Francis Report was a once-in-a-generation opportunity to increase nurse staffing levels across all health and care settings but any short-term progress in hospitals has fallen away."

A 2016 Southampton University study warned that, for every 25 patients, substituting just one qualified nurse for a lower-qualified worker was associated with a 21% increased chance of dying.

The latest report said the number of full-time equivalent nurses employed in trusts has risen by 10% since 2013. There has been a 30% rise in the number of healthcare assistants and support staff.

The report added: "The disproportionate increase in support staff numbers has resulted in a slight lowering of skill mix. Registered nurses account for 66% of nursing staff in 2017 compared with 69% in 2013."

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VOICE OF THE MIRROR: PAGE 6



PRESSURE Overworked nurse. Above, deaths were at Stafford

1 in 10
NHS nursing posts remain unfilled around the country

40,000
The number of nursing vacancies across the NHS

Ex-soldier to face charges over murder of teen during Troubles

BY CATE MCCURRY

A FORMER soldier is to be prosecuted for the murder of a teenage boy, shot dead in 1972 by a member of a British Army patrol in Derry, N Ireland, during the Troubles.

The veteran, identified as Soldier II, will be charged over the killing of 15-year-old Daniel Hegarty, who was shot twice in the head.

He is also to be charged with

wounding with intent after Daniel's cousin Christopher Hegarty, then 17, was shot and injured in the incident in the city's Creggan area.

It was during Operation Motorman, the reclaiming of "no-go" paramilitary parts of Derry and other cities by the Army on July 31, 1972. Last year Daniel's

KILLED Daniel Hegarty was shot dead in 1972

family won the right to seek the prosecution of the soldier after the High Court quashed an earlier decision not to bring criminal charges against him.

Director of Northern Ireland's Public Prosecution Service, Stephen Herron, said yesterday the evidence "is sufficient to provide a reasonable prospect of conviction".



SCANDAL-HIT

WIFE No1

Wed Anna Melnikova in 2003, age 20



WIFE No2

Aged 24, he wed Clare Craze in 2007



WIFE No3

He and Karen Hauer split last year



JAN 19
22.53

EXCLUSIVE

BY TOM BRYANT
Head of Showbiz

WALKING through Birmingham on a cold January night, dancer Kevin Clifton smiles and skips into the lobby of a five-star hotel.

Just a minute earlier, Stacey Dooley, who had performed in the city that night on the Strictly tour, got off a coach with the rest of the cast and went through the same door into the Malmaison.

Might this have been the night the pair, who had been partners in Strictly 2018, winning the Glitterball a month earlier, began dancing to a new tune?

She had split from Sam Tuckett, her partner of five years at Christmas and he was single after breaking up with third wife Karen Hauer in March 2018.

Kevin was in Birmingham that night to see Stacey dance with Aljaz Skorjanec after ruling himself out of the tour so he could prepare for his own Burn. The

Stacey Dooley @
Follow

Anyone with any adult life experience knows there are 2 sides to every story.

I haven't got the time or energy to correct some of the utter nonsense I've read on here.

Re Sam, I loved him v much and only wish him happiness and success going forward.

ANGERED Stacey hits back on Twitter

Floor shows, which start on Thursday. A Strictly insider said: "There was no reason for Kevin to slog all the way to Birmingham to see her perform. The fact he did speaks volumes about where they were in their relationship."

It was revealed this weekend that 32-year-old Stacey's ex Sam only found out she was seeing Kevin, 36, in April as he moved his things out of their home.

Sam, 30, said: "I was getting my stuff to leave. Stacey was in the loo. Her phone went and it was Kevin Clifton – I love you' with a red love heart.

"I grabbed the phone and confronted

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COUPLE IN HOTEL ENCOUNTER

Is this moment Stacey & Kevin's relationship moved on from being strictly professional?

Dance show duo enter hotel minute apart

her. She said she'd tell me everything." She later texted him insisting she and Kevin only started their relationship after they had split up in December.

Strictly insiders said it was "no surprise" Stacey and Kevin had got together. A source who worked on the BBC1 hit, said: "On the show itself they were very, very close."

"Kevin is very charismatic to say the least. It's little wonder that he and Stacey's friendship has moved on to a new level."

But the discovery of Kevin's text left Sam, a personal trainer, devastated – even though in Stacey's eyes their relationship had ended on Boxing Day following a row after a Christmas Day lunch at his family's home.

Stacey yesterday hit back at the reaction to Sam's revelations, tweeting: "Anyone with any adult life experience knows there are 2 sides to every story."

She branded some of the comments "utter nonsense". The "Strictly curse"

blamed for breaking up 14 couples, has struck two of Kevin's previous dance partners. Louise Redknapp, 44, was divorced from husband Jamie in 2017 after dancing with Kevin in 2016.

Newsreader Susanna Reid, 49, paired with Kevin in 2013, also split from her long-term partner soon after the show finished. It is not suggested that Kevin was romantically involved with either of the women.

Kevin got married in 2003, at the age of 20, to amateur Latin world champ Anna Melnikova.

By 2007, he had married a second time, to Clare Craze, but they separated three years later. In 2015, he wed Karen Hauer, a Venezuelan dancer he met in dance show *Burn The Floor*. They split in March last year.

After his break-up from

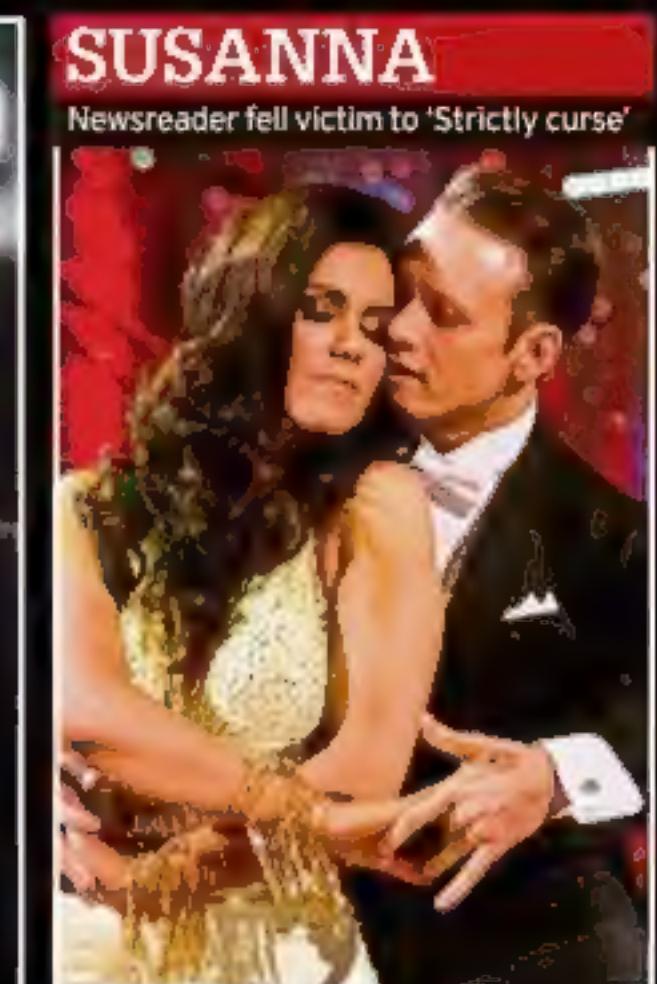
Clare, Kevin said: "I was never particularly happy in my previous marriage and I wasn't myself. It was just a bit of a weird time. When I met Karen, I could get on with her on a completely different level."

Clare later said in a now-deleted social media post: "It is so difficult to stick to my decision not to get involved. Everything in me wants to scream from the rooftops what the truth is."

In his interview with the Mail on Sunday at the weekend, Sam revealed he was planning to propose to Stacey and blamed Kevin for the break-up.

He said: "Stacey has broken my heart, but of course I still love her and I wish her every success."

Kevin has denied dating any previous Strictly partners, but Sam said: "My



SUSANNA

Newsreader fell victim to 'Strictly curse'

“
It is supposed to be a family show, my little niece watches it, but it is so sleazy

SAM TUCKNOTT FORMER BOYFRIEND OF STRICTLY STAR STACEY DOOLEY



LOUISE

Split from husband Jamie the year after

anger is with Kevin. It's more like Strictly Come Dating – year in, year out.

"Strictly is meant to be a family show – my little niece watches it – but it's so sleazy, and I cannot begin to wonder what goes on behind the scenes."

"I have no respect for Kevin whatsoever."

"He comes out and says it's all 'strictly business'. He's a full-on p***k. I've tried to meet him since to get closure, but he won't do it."

"Had it been one of the other dancers she got with, fair enough."

"But it stings that much more because of what he's been like and how he's renowned. He's an absolute complete f***ing rat with no b****s or decency to hear me out."

tom.bryant@mirror.co.uk

@MirrorTom



WINNERS

Stacey and Kevin in the 2018 series

300 JOBS ARE CUT AT SPORTS DIRECT

BY RAVENDER SEMBHY

SPORTS Direct is to axe a packaging warehouse with the loss of 300 jobs.

Unions reacted furiously. The GMB accused the Mike Ashley-owned company of "putting profits before people" at the site in Wigan.

GMB's Paul McCarthy said:

"This closure is another body blow for the North West. GMB will not rest until every member receives redundancy pay they are legally entitled."

The June 13 closure is understood to be linked to the expiry of a lease and staff have been offered work at a packaging site in Shirebrook, Derbyshire.

Labour MP Lisa Nandy said:

"This is devastating news for hundreds of workers."

The firm did not respond to a request for comment.

Newcastle United owner Mr Ashley recently failed to take over Debenhams. He is suing its administrators after his near 30% stake was wiped out.

mirrornews@mirror.co.uk

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SHUT Ashley

IT'S NO SMOKE...

Alison Cooper, boss of the world's third-largest tobacco firm, says she won't stop her daughters smoking because it's up to them to make, in her words, "an adult choice". That's all very well in the case of her oldest daughter who is 23. Her youngest, however, is 15.



Let's hound out the dog-whistle extremist views

THEY come for you hardest when you hit a nerve.

They mock you, malign you and misrepresent your words to make you sound like a crackpot.

What they can't do, however, is escape the truth.

David Lammy is calling out the extremism of Jacob Rees-Mogg and Boris Johnson for what it is.

He is holding up a mirror to their dog-whistle xenophobia and pointing out that it is their actions defining them.

Some claimed Lammy called all Leave voters Nazis. He did not.

To suggest as much is offensive and a distortion of the interview in which an articulate man made himself very clear.

But then the establishment does that when you touch a nerve. Just to be clear, Lammy on his social media feed added his belief that: "Many decent Tory voters, members and politicians are also appalled by the Tory party's lurch to the hard right."

"Let's unite around rejecting this extremism before we repeat the mistakes of the past," he added.

We already know what Johnson is all about with his descriptions of black people as "picanninnes" with



ARTICULATE Lammy

These are times for making it clear which side you are on

"watermelon smiles" and his depiction of Muslim women as "bank robbers". Then there are Johnson's talks with Steve Bannon, the man he has praised and with whom he wants to form an alliance.

Then there is Rees-Mogg, promoting the AfD of the German far right. A party whose anti-Jewish sentiment is well-documented. The same Rees-Mogg who in 2013 was "guest of honour" at the annual dinner for a group called Traditional Britain, which called for black Britons to "return to their natural homelands".

He claimed not to know their views beforehand. Last week he claimed he was "not supporting the AfD", "just pointing out that there is something worth watching". Yet can he really not get that people are appalled?

Can Johnson really be upset after himself suggesting that Theresa May's deal was like a "suicide vest" around Britain and that the EU was behaving "like Hitler"?

Tory peer Lord Heseltine has backed Lammy. Rightly so.

These are times for making it clear which side you are on.



ROASTED RAMSAY

RAMSAY'S ROAST

So Gordon Ramsay is seething at seeing his new "authentic Asian" restaurant, Lucky Cat, demolished in a review by an east Asian food writer.

Angela Hui wrote of her discomfort at being "the only east Asian person in a room full of 30-40 journalists and chefs". Unimpressed by the lack of nuance she added: "I can only drink thru the pain that this is an 'Asian event' and 'Japanese' or Chinese? It's all Asian who cares?"

Ramsay has taken a few scalps over the years including celebrities who have had their egos deflated. He might, however, want to talk to Jamie Oliver - called out over his "jerk rice" last August - on the issue of cultural appropriation. Or Head and Shoulders who seemed to think last week that they'd come up with the canikrow hairstyle.

If you dish it out, as Ramsay so often likes to, you have to be able to take it.

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Armed thugs jailed for OAP couple attack

BY ISAAC CROWSON

THREE thugs have been jailed for an armed raid on a couple in their 80s.

The OAPs were asleep when Reece Dadson, 18, Brandon Garrett, 19, and Charlie Stutz, 20, burgled their home in December.

Stutz hit the woman with a handgun, threw her husband to the floor and kicked him, before later threatening to spray their faces with cleaning fluid.

A neighbour in Grays, Essex, heard screams and alerted police who quickly caught the trio. Basildon crown court heard.

Stutz and Garrett got nine years, nine months' jail and Dadson six years.

All three admitted aggravated burglary.

Det Sgt Greg Jurkiewicz, of Essex Police, said: "The elderly pair were subjected to a horrifying ordeal at the hands of these thugs."

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CRITICAL

Sarah Garrity is fighting for life

HANDCUFFED

Sydney Cole and, right, at court yesterday

Soldier 'glasses pal in Magaluf club row'

Female victim fighting for her life in intensive care

BY CHRIS HUGHES, Defence and Security Editor and JEREMY ARMSTRONG

A BRITISH female soldier was fighting for her life last night after she was allegedly gassed in the neck by another British service-woman at a Majorca nightclub.

Medics fought to save Sarah Garrity, 22, after she was attacked at the Bananas nightspot in Magaluf during the early hours of yesterday morning.

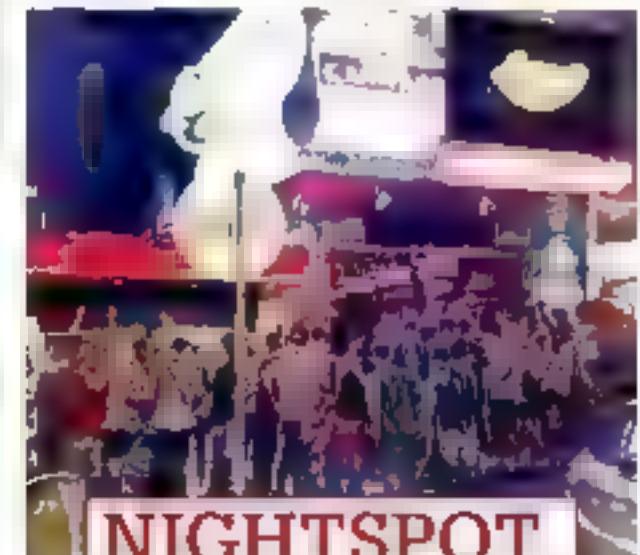
Ms Garrity, 22, a Royal Logistic Corps clerk, was rushed to nearby Son Espases University Hospital. She was in a critical condition in intensive care last night.

Pvt Sydney Cole, 19, a clerk with the Army's Adjutant General's Corps, was arrested by Spanish Civil Guard officers after the incident and appeared in court behind closed doors yesterday.

Cole arrived in handcuffs, flanked by two armed officers, for the hearing in the island's capital, Palma.

Her head was bowed and she said nothing as she entered the building.

A source at an emergency response



NIGHTSPOT

Club where Sarah was attacked

centre said: "We received the first calls at 12.55am, about a fight in a nightclub between two female friends."

"The alert that came in said the incident involved a physical attack with a glass by one friend against another."

Ms Garrity, from Irvine, Scotland, moved to Middlesbrough after joining the Army. Her family were not available for comment last night.

She was engaged to soldier Bethany Bancroft, 23, until recently.

Bethany's mum, Barbara Nield, 61, of Fleetwood, Lancs, said her daughter had called her "crying her eyes out," after hearing of the attack.

Bethany's brother, Ashley Nield, 29, called Sarah "bright, witty and caring".

A British Army spokeswoman said: "We are aware of an incident involving two off-duty soldiers in Spain."

"An investigation by the local Spanish police is ongoing, and it would be inappropriate to comment further."

c.hughes@mirror.co.uk
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Guess
who
my Brit
pop is



Statins won't work for half of all patients

Doctors call for tailored treatments

BY MARTIN BAGOT

Health and Science Correspondent

STATINS don't work for half of people taking them, research reveals.

The biggest study of its kind shows 51% of patients fail to hit healthy cholesterol targets after two years.

Scientists warn personalised advice and treatment is needed alongside the pills to cut strokes and heart attacks.

Around six million adults in the UK take statins, which lower bad cholesterol levels, preventing the build-up of fatty deposits in blood vessels.

This bad cholesterol should be reduced by 40% within two years of starting the pills, health regulator NICE says.

But data from 681 family doctors on

165,000 British patients shows that 51% missed this target. Over a six year follow-up period, 23,000 developed cardiovascular disease. Those who did not meet the 40% reduction target were 22% more likely to get the disease, the Nottingham University study found.

Prof Metin Avkiran, of the British Heart Foundation, said work needs to be done to find out why some people do not respond to the medication.

He said: "It may be these people have been prescribed low dose or low potency statins, they are not taking the medication as prescribed or they are not responding to the type of statins they have been prescribed."

martin.bagot@mirror.co.uk

@MartinBagot

Drunken romps 'not cheating'

A THIRD of young Brits say it is okay if they or their partner sleeps with someone else - if they are drunk at the time.

Those aged 16 to 24, who would turn a blind eye, told researchers use of alcohol meant it did not count as infidelity.

Older age groups were not so forgiving in the poll of 2,000 people, though one in

five said they would let their partner off if they strayed. Overall, almost half said they would not dump a partner if they caught them in bed with someone else.

Law firm Simpson Millar, which carried out the survey, said: "A large percentage admitted they'd turn a blind eye and stay with their partner if they'd cheated."

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66 YEARS AGO (1953)

The Queen, with Prince Philip, launched the Royal Yacht Britannia at Clydebank shipyard John Brown and Co.

55 YEARS AGO (1964)

12 Great Train Robbers were jailed for a total 307 years. The 15-strong gang stole £2.6million from the Royal Mail night train.

The Daily Mirror

Claire, 35



Benedict, 92



Margrethe, 79

Birthdays

The Crown actress **Claire Foy** is 35. She keeps her Golden Globe she won for the drama in her bathroom.

Former Pope **Benedict XVI**, who resigned in 2013 and now has the title Pope Emeritus, is 92. Danish **Queen Margrethe II** is 79. She was crowned aged 31. And Sudanese model **Alek Wek** is 42. She campaigns for refugees.

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GOLFER**TEAM TIGER**

Mum Kultilda, Charlie, Sam and girlfriend Erica Herman

BY JULIE McCAFFREY and CHRISTOPHER BUCKTON US Editor

The roar on the 18th green at Augusta said it all. The one from Tiger Woods, after his final putt dropped, signalled a golfer who had climbed back to the top of his game. But the accompanying roar from the crowd was redemption, forgiveness from fans who he, himself, had said had let down.

Victory at Augusta and a 15th golf major for Tiger Woods is one of the most extraordinary comebacks in sport, but the superstar has not just had to climb the golf rankings, he's climbing out of a hole all of his own making.

After his rapid rise to fame, came the shame of a fall from grace few celebrities have ever recovered from - disgraced by a series of revelations about mistresses, infidelity, escorts, and addiction.

And only a couple of years ago, his body was as trashed by injuries as his reputation. A dinner at the US Masters ended with Tiger jetting off to London that very night to see a specialist.

Last week, the 43-year-old confessed: "I was done at that particular time. I had to get a nerve block just to be able to walk. I ended up going to England that night, saw a specialist there, they recommended, unfortunately for me, the only way to get rid of the pain I was living in was to have the spinal fusion surgery."

So doctors rebuilt the billion dollar man. Yet those who know Tiger say his heart and soul were put back together by two women - including one who was there to celebrate on the 18th green.

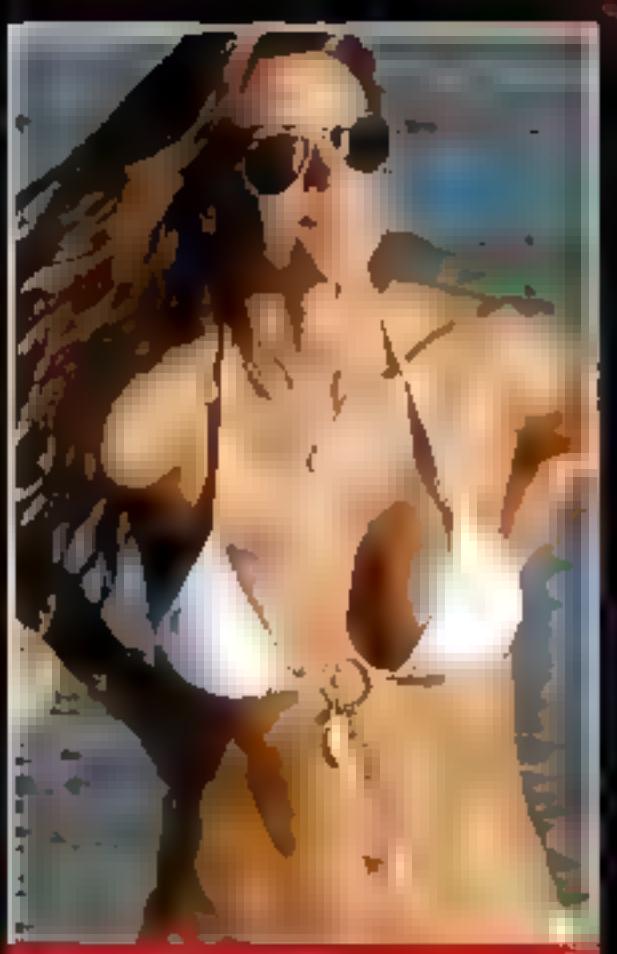
After becoming champion again, Erica Herman, his restaurant manager girlfriend of the past 18 months, was one of the first people he hugged.

Some say the brunette has been chasing him for as long as a decade, despite his previous girlfriends, including Olympic skier Lindsey Vonn, being decidedly blonde.

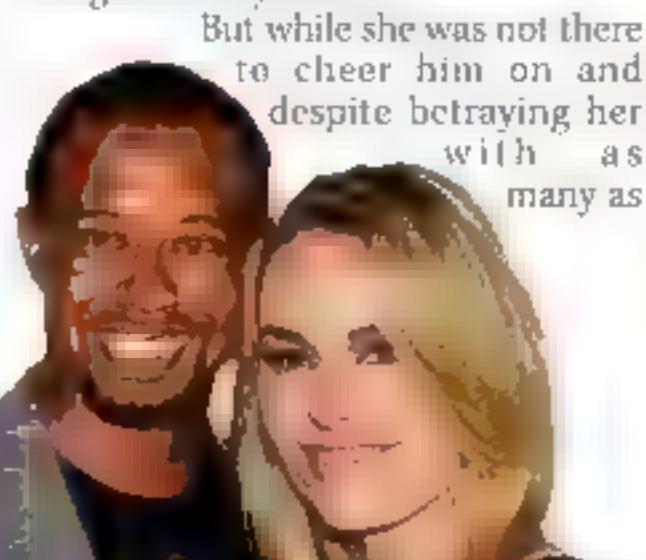
But while she was not there to cheer him on and despite betraying her with as many as

**EX-WIFE**

With Elin Nordegren in 2006

**MISTRESS**

Nightclub boss Rachel Uchitel



120 women, his ex-wife Elin Nordegren is still a central figure in his life as the mother of his children Sam, 11 and 10 year-old Charlie.

He failed as a husband, as a man even, but he must not fail as a father, she told him in no uncertain terms.

An insider said: "The truth of the matter is Elin is behind it all. She said he needed to step up as a father. She's made it her focus that Tiger should be a better human being for the sake of their kids."

Those images of Charlie and Sam hugging their dad immediately after Sunday's victory show he's done just that. They also echo pictures from more than two decades ago of a young Tiger, embraced by his own proud dad after his first victory at Augusta.

It was Earl Woods who deter-

EX GIRLFRIEND

With skier Lindsey Vonn in 2014

WHO OVERCAME THE ODDS

Taming of Tiger

Women who helped flawed Woods stage his comeback



INFLUENCE

With Earl and Kultilda, 1990, inset, Elin in 2006

mined Tiger would be a golfer and guided him to becoming the world's first billionaire player.

But it was the death from prostate cancer of the former Green Beret and Vietnam veteran in May, 2006, which was the beginning of the end of the first act in Tiger's dramatic life.

Earl met Tiger's Thai mum Kultilda on a tour of duty in 1968 and they settled in California, where Tiger was born in 1975. At the age of just two, he was introduced to golf by his dad and it rapidly became his life.

But it meant Tiger did not enjoy anything like a normal childhood.

On and off the golf course, he practised with his dad, with few friends of his own. Maybe this explains why, as he became a sporting superstar, many

of the stories which came out about Tiger described him as a Peter Pan figure – the boy who never grew up.

He would check into hotels under the pseudonym Logan Howlett – the alter ego of the X-Men's Wolverine.

At a New York club with Michael Jordan, surrounded by beautiful women, Tiger is said to have asked: "What do you do to talk to girls?"

But young boys also idolise their fathers. "My dad told me I had two paths to choose from," said Tiger once – either golf or special forces soldier.

And, after Earl died, Tiger explored that other path, regularly visiting US Navy SEALs and training with them, jumping out of planes and pushing his

body to the limit. By then, he already had four green jackets from Augusta, but it seemed he would have traded them for one green beret.

Then, in 2009, his life spiralled out of control. Elin, now 31, suspected Tiger was playing away. So while he was knocked out on painkillers, she called one of his other women – night-club manager Rachel Uchitel.

Her fears confirmed, Elin chased Tiger out of the house with a golf club. He got in his car, but crashed into a fire hydrant. The police arrived and the whole murky story unfolded.

Other mistresses soon came out of the woodwork, saying Tiger liked to talk about his childhood and about the grief of losing his dad.

In February, 2010, with his mum in

the front row, Tiger made a 15-minute toe-curling public apology.

But he lost Elin, his status in golf and his sponsors, taking refuge in years of therapy.

Even as late as May, 2017, Tiger was arrested for driving under the influence – and a toxicology report cited five different drugs in his system.

The following month, he checked into rehab for addiction to prescription drugs. It was clear Tiger was still lost despite years of therapy.

At rock bottom, mentally and physically, the only way was up for Tiger and it seems that finally it was the combined influence of two women who helped him grow up.

One is Elin. "She's made him switch his priorities from enjoying a bachelor

lifestyle to being committed to his children," said the insider.

The other is Erica.

One of Tiger's few very close friends is US golfer Notah Begay III, who confirmed Peter Pan has finally grown up. "I just think that he's really matured over the last few years," Begay said. "When you're injured and you're hurt, and the future is sort of uncertain, you start to ask yourself a variety of different questions."

"And I think he came up with some really great answers and started to put a lot of his time into other things that were of interest to him."

"I think it really helped him develop as a father – and as a friend."

Julie.mccaffrey@mirror.co.uk
Twitter: @DailyMirror

TURNAROUND Tiger Woods hugs son Charlie after winning



LEGEND Hogan at Wentworth in 1956 despite near-fatal crash

A comeback far greater than Tiger's

OPINIONATED

BY CHRIS EARL MIRROR GOLF BORE

A FEW days before Tiger's incredible victory, he was awarded the Golf Writers Association of America's Ben Hogan Award.

Playing Augusta, he walked four times across the Ben Hogan bridge by the 12th.

Both of these commemorate a golfer whose own comeback, certainly in a sporting sense, is even greater than Tiger's.

On a foggy February morning in 1949, America's Ben Hogan was driving home from the Phoenix Open when his Cadillac was hit head-on by a wayward Greyhound Bus.

He threw himself across the car to shield his wife from the impact. That heroic act also saved his own life – the driver's seat was impaled on the steering column.

He suffered a double fracture of the pelvis, a fractured collarbone, fractured left ankle, chipped ribs and near-fatal blood clots. It took four hours to get to hospital.

At first it was feared he would never walk again, certainly never golf again.

Eleven months later he rejoined the game, winning the US Open in 1950, and a further five majors in his career.

What Tiger has achieved is extraordinary, but heroic? No, we can leave that to Hogan.



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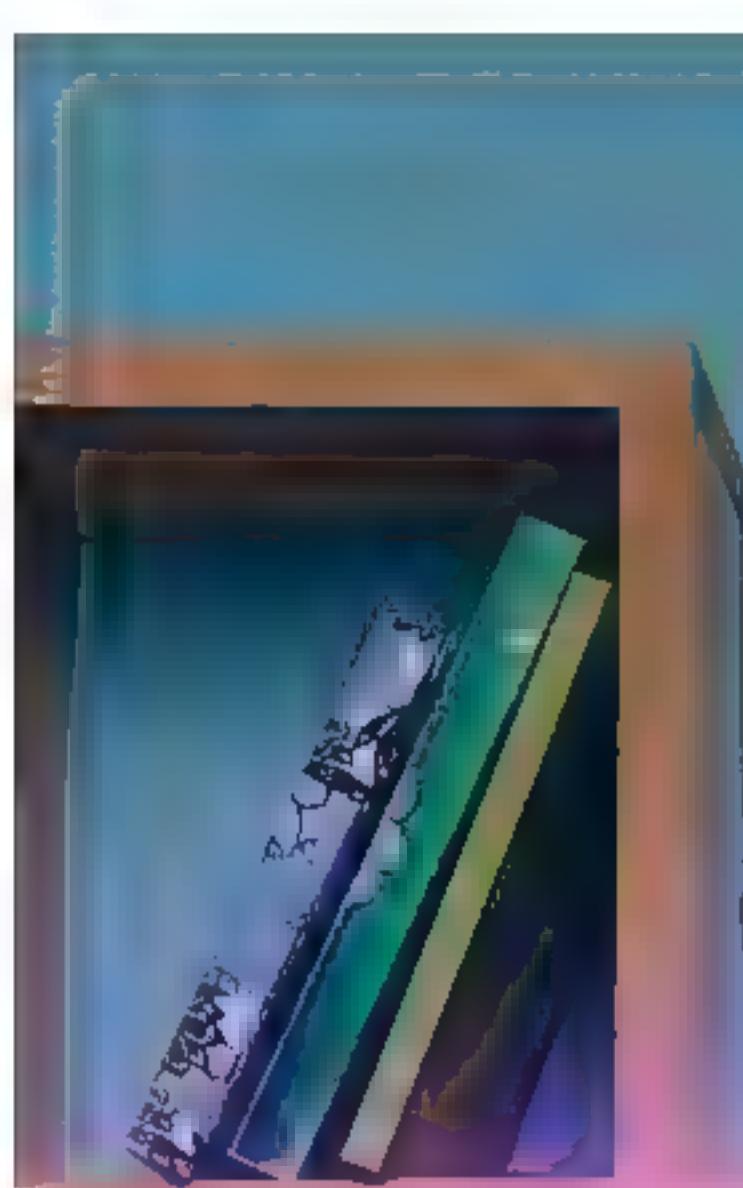
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Hang on, I'll save ewe



FLOCK FACE Rescuer edges towards sheep

BY JIM HARDY

ONE based move and it could all have gone horribly wrong for this good shepherd.

Passing walkers filmed the man climbing down to save the stranded sheep after it had lost its footing and tumbled over the rock face.

The man launched his terrifying rescue mission after spotting the distressed sheep as he walked along the cliff tops between Porthgain and Aberiddy in Pembrokeshire.

After edging down the cliff face, he grabbed the animal by the scruff

Sheep rescued from rock face

of its neck, and held on to the rocks with his fingertips as he hauled the 8st animal to safety. It then happily scampered off into the grass.

Andrea Williams, who posted the shots online, wrote: "We were spectators to an amazing act of human kindness. There were definitely some hand-in-mouth moments."

Well done that man!" But the Broad Haven coastguard said the man had taken unnecessary risks.

The RSPCA had been called and were arranging a rescue. The coastguard said: "It could have ended so differently. Putting yourself in danger is never a good idea."

RSPCA Inspector Ellie West said the rescue could have backfired as the sheep might have panicked. She said: "It's really common for sheep to jump into the sea as we approach them in situations like this."

news@mirror.co.uk



FLEECE-Y DOES IT Held by scruff of neck

HERD WORK Man hauls sheep to top

Period help in primaries

GIRLS in primary schools will get free sanitary products from early next year, the Government has said.

Children and Families Minister Nadhim Zahawi said the scheme will extend to younger pupils.

It follows last month's news the products will be free in secondary schools.

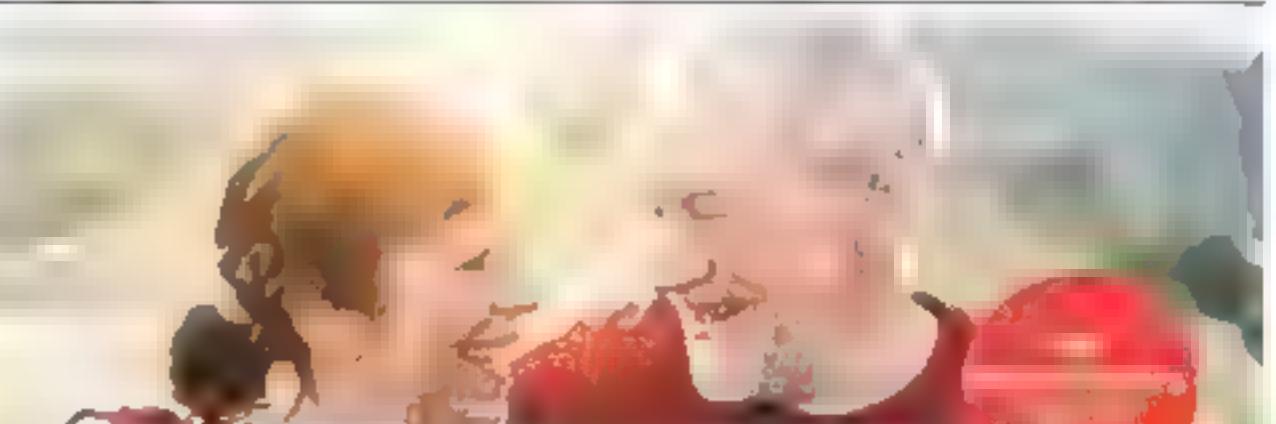
Mr Zahawi said: "We want everyone to lead active, healthy, happy lives."

'Goggles for badminton'

BADMINTON players are being warned to wear safety goggles because of the "high risk" of eye injury.

Researchers found the sport accounted for a "substantial" proportion of sports-related injuries.

Doubles were the most dangerous as players could get hit by their partner's racquet or the shuttlecock, the study at Capital University, Beijing, found.



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Roger, Gillian and John

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Britain's oldest mixed-gender triplets reach 80.. and have never fallen out

BY ADAM ASPINALL

BRITAIN'S oldest mixed-gender triplets have turned 80 - and say they have never had an argument.

Gillian, Roger and John Hill were born within eight minutes of each other around midnight on April 9 and 10, 1939.

It was an era in which triplets were rare - and they even received a congratulatory letter from King George VI.

They had nine older siblings and have more than 100 children, grandchildren, nieces and nephews between them.

The triplets, from Bristol, grew up with parents Hilda and Jack in a house with three children to a bedroom and no bathroom. They were forced to share a bed and lived through the Blitz - but they described their early years as happy.

Roger said: 'A row of terraced houses at the top of our street was wiped out by a bomb one day [during the war].

'We were children. We didn't realise the gravity of it.'

We thought it was great fun going out and picking up the shrapnel in the mornings.'

But family life was tragically disrupted when dad Jack died of kidney failure in 1953. Gillian says the loss gave her extra freedom during her adolescence.

She said: 'I got away with murder. Not having a father, I went out in makeup when other girls were being made to take theirs off.'

Roger had a career in marketing and John in insurance, while Gillian worked at an aerospace company.

Each of the triplets has left Bristol - Gillian for Cornwall, John for Exeter and Roger for the Clew Valley, in Somerset.

All three had children of their own, who are among the huge number of direct descendants of Hilda and Jack.

Roger said: 'The good Lord said, "Go forth and multiply", and my mother certainly did just that.'

adam.aspinall@mirror.co.uk

Mirror Asp



HIDDEN The poems

Du Maurier's secret poem of prostitute

BY ANELIA WYNNE

TWO previously unknown poems by Daphne du Maurier have been found hidden in a photo frame.

The poems are believed to date back to the late 1920s when the English romantic novelist and playwright was in her 20s.

One is called Song of the Happy Prostitute, which may be why it was hidden, while the other is about loneliness.

Auctioneer Roddy Lloyd was cataloguing an archive of her letters and pictures for sale when he took a photo of the writer in a swimsuit out of a frame and found the poems.

He said: 'It's always exciting when you come across something like this, it's an auctioneer's dream.'

The collection will be auctioned by Rowley's in Ely, Cambs, on April 27.



TALENTED Student JJ, 19

'Beautiful' lad in cathedral death plunge

BY GRAINNE CUFFE

A TEENAGER who fell to his death in St Paul's Cathedral was a "beautiful and talented" son, his grieving family have said.

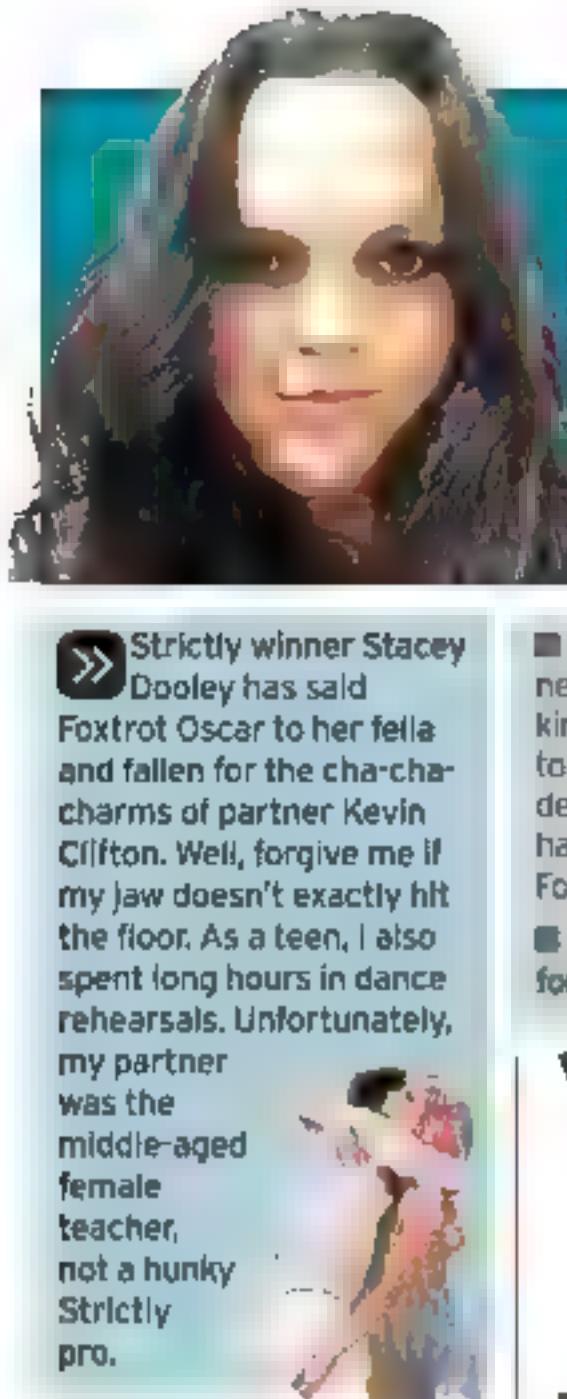
Student James Jorge De Sousa Stayton, 19, plummeted from the 259 step-high Whispering Gallery, an inquest heard yesterday.

Herefordshire-born Jorge, known as JJ, died from his injuries on April 1, the hearing was told. He was a student at Queen Mary University, London.

In a statement his family said: 'We are in deep shock at the loss of our beautiful, talented, intelligent son.'

'Words cannot express the devastation we feel. The world is inarguably a lesser place without JJ.'

The inquest at City of London coroner's was opened then adjourned for further investigation.



JESSICA BOULTON

Jess for laughs...

» Strictly winner Stacey Dooley has said Foxtrot Oscar to her fella and fallen for the cha-cha charms of partner Kevin Clifton. Well, forgive me if my jaw doesn't exactly hit the floor. As a teen, I also spent long hours in dance rehearsals. Unfortunately, my partner was the middle-aged female teacher, not a hunky Strictly pro.

» Desperate farmers wanting to bring home the bacon are using infrared brain scans to show welfare-conscious shoppers that their porkers are as happy as a pig in mud... presumably until they take a one-way trip to the abattoir, that is.

In other news, evidence shows Abraham Lincoln enjoying a good play at Ford's Theatre and passengers having a right old laugh on the Titanic.

■ Robbie Williams said he needed to be "treated kindly" if he was to return to The X Factor. Talk about demanding... he already had a £10million paycheck and a Job For Wife.

■ Experts claim the phrase "Penny for your thoughts" could soon



JESS KIDDING
become extinct thanks to cash-hating teens. How apt when influencers now get paid thousands for an online comment - mostly with no thought whatsoever.

■ Can you believe people are buying

Huskies they can't care for just because they look like Direwolves from Game of Thrones? I, meanwhile, have to contend with a couple of old dragons - but at least I can leave them behind when I finish work.



You'd be Amaz-ed what Alexa hears...

THERE'S often a luxury in living alone: No one to moan about the dishes or argue over the remote.

But for someone like me who, let's say, is not entirely unfamiliar with a Bridget Jones-esque mishap, there's also a peril.

Just last week (while clinging to the bathroom door frame, having tumbled out of the shower) I found myself wondering: who would ever hear me scream?

It turns out it's probably Amazon.

They've admitted staff listen to our conversations with Alexa.

And OK, they only get anonymous recordings when you ask it a question.

But can you imagine if they had full access? In fact, just imagine what they might have heard in some celebrity houses recently...

Let's start at Frogmore Cottage...

MEGHAN: Harry! Know-it-all Kate is trying to give me hand-me-downs for the baby! Who does she think I am?

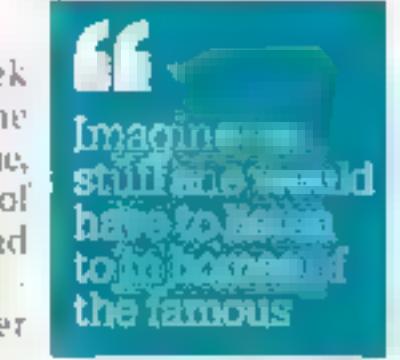
HARRY: That's the Royal Christening gown - it's been worn by every baby for generations.

MEGHAN: But I don't like it, Harry. It smells musty. I'm going Febrace it.

HARRY: Wait! Granny's still royally miffed you wanted to put



BABY TALK Harry and Meghan christening plans



Glade plug-ins in the Chapel.

MEGHAN: But Harry - what will Amal Clooney say? I mean, do we even know if the lace is... (takes a deep breath) Vegan?

Over in Essex...

GEMMA COLLINS: I hate you Arg!

ARG: But Gemma we've only just returned from our make-or-break Paris trip where we made up, broke up, made up, broke up and made up again! And we have all those lovely magazine covers as souvenirs.

GEMMA COLLINS: I'm not Gemma. I'm The GC. Now take your hands of my stuff and get out!

ARG: (Leaving) I only asked for a slice of your pizza.

GEMMA COLLINS: (Panicked) Arg Come Back! I'm so foolish! Don't leave... (pauses) You need to wait 20 minutes for the paparazzi to arrive.

Meanwhile in SpiceWorld...

GERI HALLIWELL: (On phone to Mel) So how did it go on Piers Morgan's Life Stories? Did he ask you anything interesting?

MEL B: Um... just about Girl Power, girls doing it for themselves, a little bit of the old zig-zig-zig-ahh.

GERI: You didn't say Too Much did you? You know I'm a hoity-toity country lady nowadays.

MEL B: No...

GERI: So why did Mel C tell me to call you?

MEL B: Err. How do I say this? (Pauses) Remember our song Two Become One?... Everyone now thinks that's about us.

And finally in a farewell call from the Ecuadorian Embassy...

ASSANGE: Thank you for being a lifesaver Pammy. You really have two too many good qualities to mention!

PAMELA ANDERSON: I've always supported WikiLeaks - I believe we have a responsibility to bare all.

ASSANGE: I know... I have your Playboy issue!

POLLY HUDSON IS AWAY

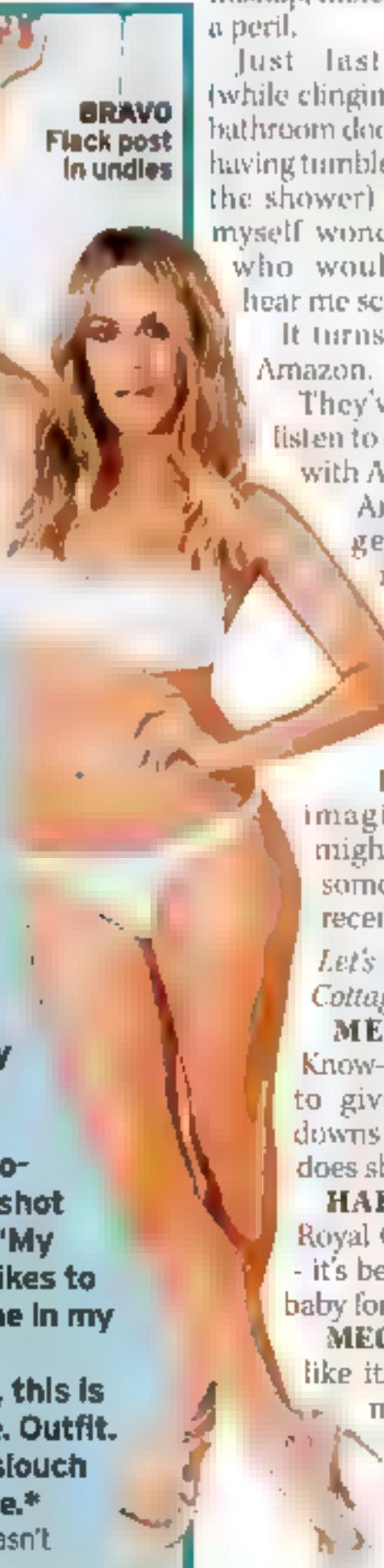
What a Caz-ual pose

Oh, are you looking at me? Little old me?

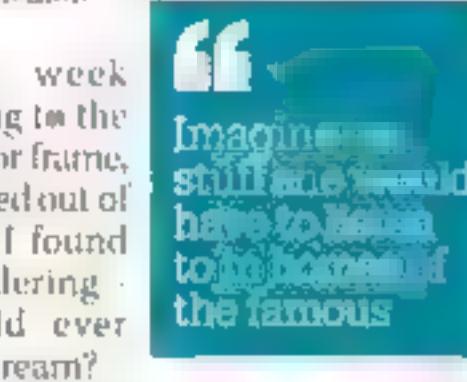
Little Miss Shy and Retiring Caroline Flack posted this oh-so-casual at-home shot after revealing: "My make-up artist likes to take photos of me in my underwear."

For the record, this is the Exact. Same. Outfit. I would wear to slouch around the house.*

* If only Domino's wasn't so tasty.



BRAVO Flack post in undies



Imagine still being allowed to have a bit of the famous

I'M A CELEB, GET ME IN

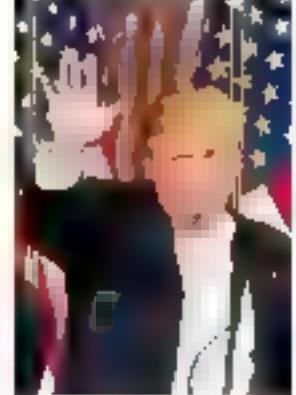
Forget the first picture of the black hole, I've got proof the world has turned upside down.

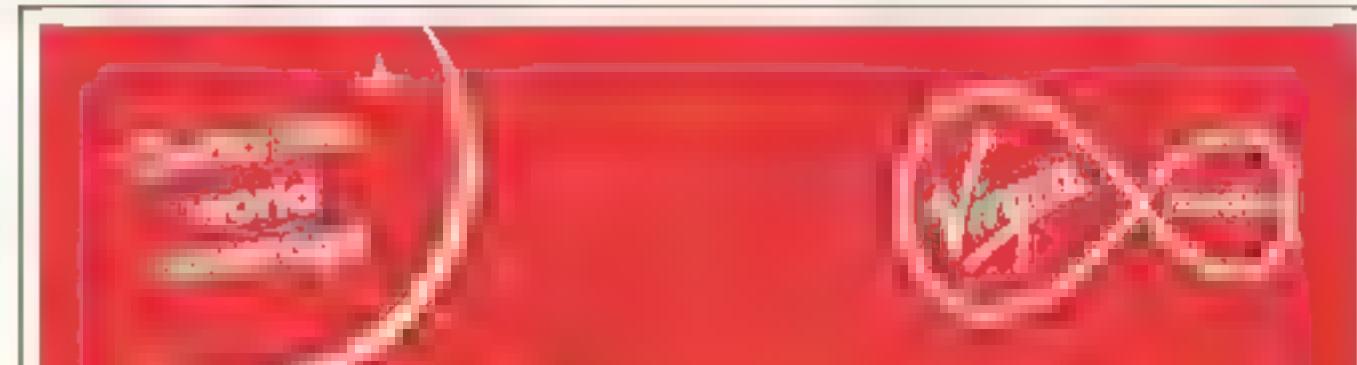
While reality TV queen Kim Kardashian is training to be a lawyer to take on the US criminal justice system, former first lady Michelle Obama has just played to a sold-out O2 Arena in London, the Clintons are on a theatre tour and Prince Harry is making his own TV show. So what's next?

Boris Johnson on Wife Swap and Michael Gove winning Would I Lie To You, while Danny Dyer takes over as Prime Minister?

Or perhaps we'll see Theresa May begging for votes for her Eurovision bid with her cover of Engelbert Humperdinck's Please Release Me.

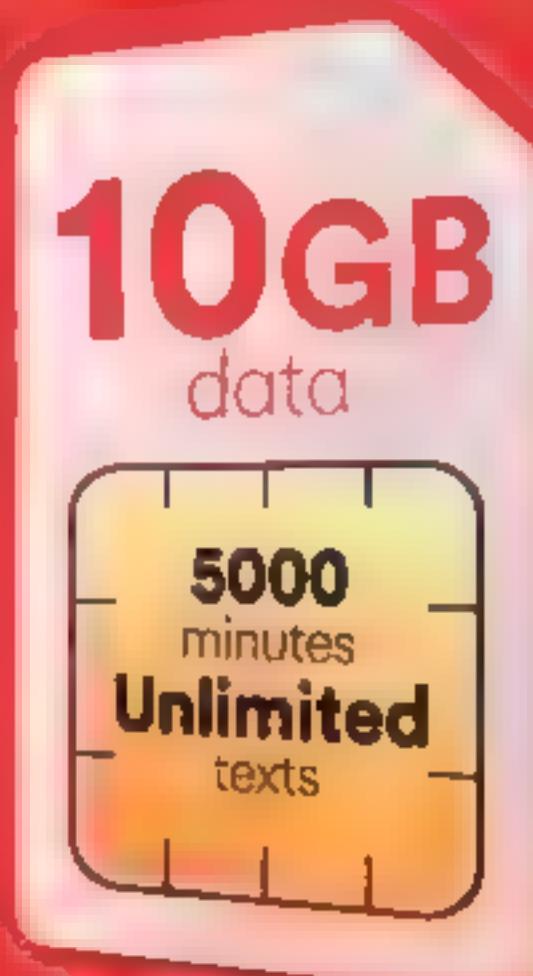
Terrifyingly, I can even picture an overexposed, over-tanned and underqualified reality star getting into The White House. Here it is...





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LOSS Frankie MacRitchie



SHOCK Sadie Totterdell

IT'S SO SAD, SO TRAGIC

BY ADAM ASPINALL

THE woman who allegedly owns the dog that mauled a boy of nine to death was said to be distraught yesterday.

Sadie Totterdell, 28, was on holiday when she found Frankie MacRitchie's body in her caravan after he was apparently left alone with her dog.

She was with Frankie's mum, Tawnee Willis, 30, and another

» 'Dog owner's sorrow as boy bitten to death

pat in a nearby caravan at the time of the attack in Looe, Cornwall, early on Saturday.

Yesterday, nail technician Sadie was believed to be staying at her mum's house in Plym-

outh, Devon. Her mum, Denise Totterdell, 58, said: "Sadie is not good at all. It is just tragic, really."

"It is still too raw - we are all trying to still just process it, especially for the family. It is just

so, so sad." It had been reported that the bulldog-type pet was involved in four other attacks.

One neighbour yesterday said: "I think Sadie struggled to handle it at times." But another

said: "I don't think it had attacked anyone around here."

Frankie's dad Billy MacRitchie said: "Daddy is so lost without you, little man. I don't know how I'm ever gonna live without you. I wish I could hold you for ever."

The police investigation is said to be centred on manslaughter and possession of a dog dangerously out of control.

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@MirrorAsp

Protesters' climate sea change call

CLIMATE change activists make waves in Central London, bringing traffic to a standstill with a boat.

The protesters blocked roads, sprayed the HQ of oil giant Shell and smashed a glass door.

Demonstrations were led by environmental activist group Extinction Rebellion, who earlier this month protested naked in the House of Commons public gallery.

Activists held banners reading "There is no Planet B" and vowed to block the roads all week. Three men and two women were arrested.

STANDSTILL Climate change protesters block the traffic on Waterloo Bridge

Older drivers drinking risk

GEORDIES over the age of 55 are the worst for drink-driving in their age group, a study has found.

Drivers in Newcastle and the North East failed the most breathalyser tests (19%), followed by those in the North West, East of England, South East and West Midlands.

Direct Line insurance, which pulled 2,000 drivers, said: "Research reveals the worrying problem of drink-driving among over 55s."

"It seems motorists may become complacent as they get older."

90% baffled by kids' slang

NEARLY 90% of parents are confused by their children's slang, a study found.

A survey asked 1,000 parents of kids aged from seven to 12 to decipher 10 words, including "lit," "squad" and "savage".

The study by Odeon cinemas found 86% knew three or less words, but none understood them all.

Father-of-two David Henderson, 41, of Harrow, North London, said: "None of it really makes any sense to me and I've given up trying to figure it out."

OUR DAILY PUB QUIZ

1 The War Jenkins' Ear from 1739-48 was fought between Britain and which country?

2 US scientist Grace Hopper was a pioneer in which field?

3 St George is thought to be a Roman soldier from which country?

4 Sarah Palin was the first female governor of which US state?

5 Phillips, London and Ratchet are all types of what?

ANSWERS: PAGE 38

Vale street is our steepest

BRITAIN'S steepest street, where residents tie their cars to lampposts to stop them rolling away, has been identified.

Vale Street, in Bristol, has a 22-degree slope.

It has become a popular challenge with cyclists and hosts an annual egg-rolling contest down the hill.

Resident Mat Goren said: "I'm Dutch, so for me, it was quite a novelty to come and live on England's steepest street."

"I walk up [the hill] just like a mountaineer."



Liverpool honour the 96 as city falls silent

TRIBUTE Lanterns are lit on the steps of St George's Hall

RESPECTS The Liverpool squad at Anfield's Hillsborough Memorial

BY PAUL BYRNE

THE Liverpool squad looks on solemnly as manager Jurgen Klopp and skipper Jordan Henderson lay a wreath to mark the 30th anniversary of the Hillsborough disaster.

They visited the memorial at Anfield Stadium yesterday as the city came to a standstill to honour the 96 victims of the tragedy.

A minute's silence was held at 3.06pm – the exact time the 1989 FA Cup semi-final match against Nottingham Forest was halted.

Relatives of the victims, and some survivors, went to a service in the Anglican Cathedral and bells rang 96 times at the town hall. And on the steps of St George's Hall, lanterns were lit for each person who lost their life after the Leppings Lane crush.

Trevor Hicks, who lost daughters Sarah, 19, and Victoria, 15, said: "It doesn't feel like 30 years one day and other days it feels like 50."

Campaigner Margaret Aspinall, who lost son James, 18, added: "I don't feel any different from when it happened. It is another year without our loved ones."

Former Liverpool skipper Steven Gerrard, whose cousin Jon-Paul Gilhooley, 10, was the youngest victim, posted a picture of the Hillsborough Memorial and wrote: "Never forgotten."

Earlier this month, a jury failed to reach a verdict in the trial of match commander David Duckenfield, who was accused of gross negligence manslaughter of 95 victims. The CPS is seeking a retrial but lawyers for the former Chief Supt will oppose the move.

Cop quits after 'sex sessions in patrol car' with colleague

BY MARTIN FRICKER

A MARRIED police chief accused of romping in a patrol car with a colleague while on duty has quit the job, it emerged yesterday.

Former Chief Insp Rob Leet, 44, had been due to attend a gross misconduct hearing over the alleged 18-month fling with Sgt Sarah Porter.

But after failing to turn up, the panel was told he ended his 22-year career last month.

Leet was suspended from his £60,000-a-year job with Sussex Police when the claims came to

He snubs misconduct hearing

light in 2017. The dad-of-four and Sgt Porter, also married at the time, are said to have pulled into lay-bys on patrol and had sex.

They are also accused of making up false appointments to meet up for romps in stations.

One alleged sex session meant traffic officer Sgt Porter was unreachable when she should have attended a fatal car crash.

Leet was also accused of having sex with a former victim of domestic violence while on duty.

Amy Clarke, for Sussex Police, told the hearing in Lewes: "This is not about whether it is right or wrong for how two adults want to conduct a sexual relationship."

"It is about the fact they were on duty. Instead of serving 'ON DUTY' Sgt Sarah Porter

their community, they weren't. They were putting their sexual relationship first."

The hearing opened in Leet's absence. Sgt Porter attended. Both deny gross misconduct.

Sgt Porter admits kissing Leet but denies their relationship was sexual.

The hearing continues.

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@martinfricker



ROMP CLAIMS Rob Leet



67% reckon roads ruder

TWO-thirds of drivers think road users are ruder now than a decade ago.

One in six have been a road rage victim and the same amount have lost their temper at the wheel.

Saga Car Insurance, which polled 2,000, said sharing the roads requires "a little give and take".

SEA-NIOR CITIZENS

MORE than half of the 1.5million Brits who holidayed on a cruise ship last year were aged over 60, the industry body revealed.

SAGE CONCERN

BY MARK SOLOMONS

FROM basil on your pizza to coriander in your curry, modern families cook with all sorts of herbs - but only one in three children can name any, a survey has found.

And despite 87% of households having a garden, more than half of kids could not name five fruit or vegetables you could grow in them, apart from potatoes.

Almost all (91%) of the 300 kids aged

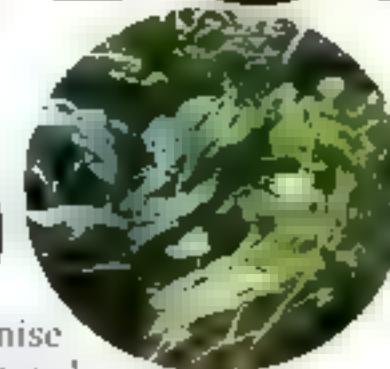
four to eight could not name a single variety of apple.

The survey, by Sudocrem, was for a scheme called Get Out And Grow.

As well as plants, the children strug-

gled to recognise gardening tools such as trowels, forks or watering cans. And 40% believe bees are bad for plants.

Sudocrem said: "Outdoor play works



wonders for a child's learning and development. The average five to 11-year-old spends just five hours a week playing outside, compared to 45.5 hours in front of a screen.

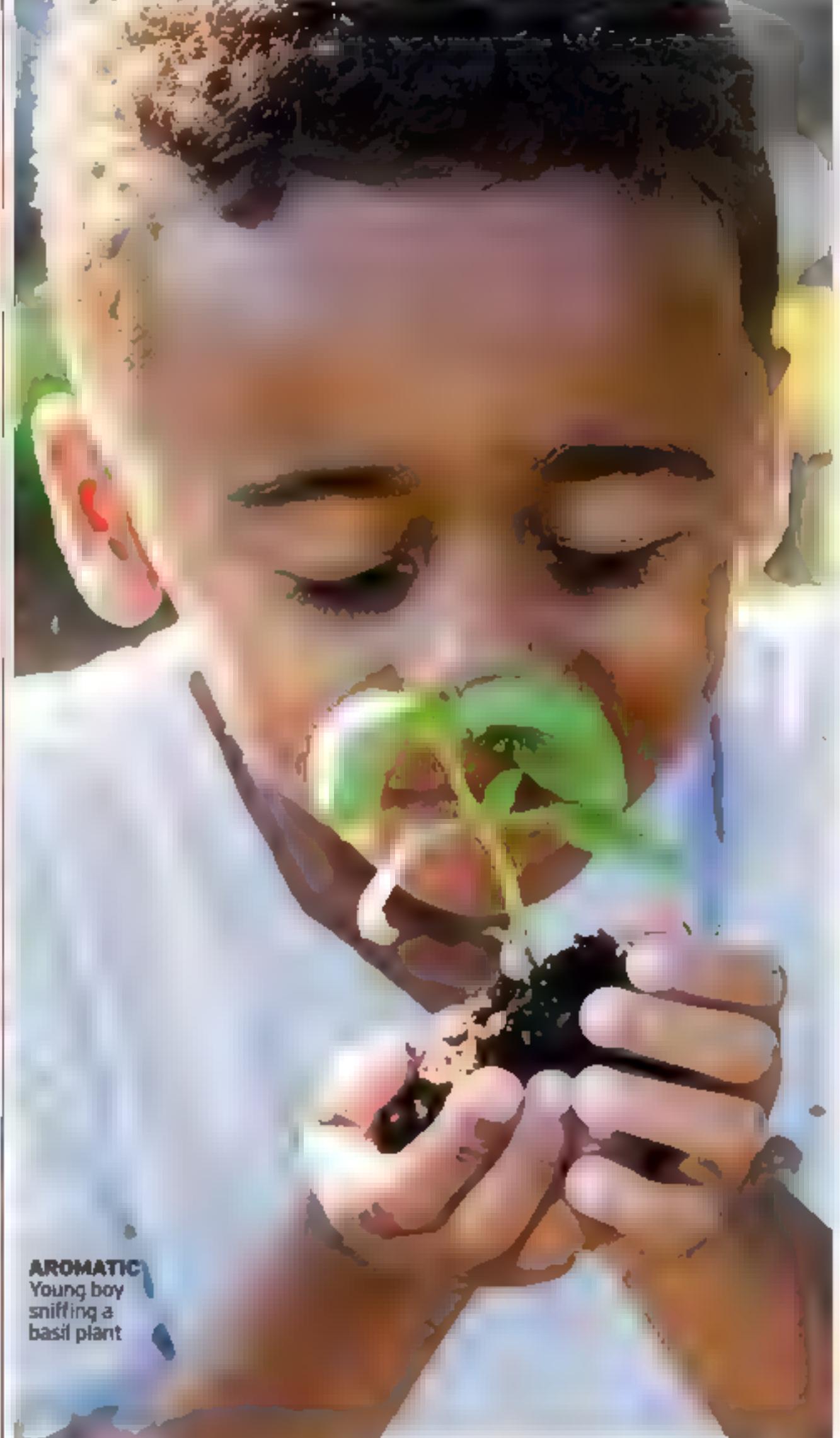
"Get Out and Grow aims to make a dent in statistics like these by giving children a reason to go outside and get their hands dirty in the best kind of way."

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But we don't



Great tasting coffee, simple



AROMATIC
Young boy sniffing a basil plant

Lush lawns our garden ideal

WE dream of a garden that is 48ft long faces south, has a lush tidy lawn, seating and a hot tub, a study found.

Other wish list items include a veg plot, a barbecue, decking or a patio and a summer house.

But the study by B&Q discovered that we are held back by not knowing where to start - and not having the space. Some 41% want an area

to socialise, including a bar, while 45% want "tranquillity".

B&Q's Steve Guy said: "To have the dream garden come summer, the groundwork needs to start in spring."

When it comes to planting, over 50% want flowers such as daffodils and roses, with 30% wanting a veg patch.

Most believe their ideal garden will cost at least £1,770.



ashleigh.rainbird@mirrorno.co.uk



I have been commando forever. I can't remember the last time I wore pants.

Good Morning Britain's Richard Madeley wears his underwear

THE DIARY

with Ashleigh Rainbird

Where are all TV women?

Mirren slams the lack of female roles

Theatre producers, watch out if you see Dame Helen Mirren sat armed with some paper and a pencil.

The actress, 73, admits she still struggles to land roles in her male-dominated industry.

"My biggest challenge as a woman starting out was obviously the paucity of roles - and still is," she says. "I'd advise all of you next time you watch television or go to the theatre to just count the number of men you see. I used to sit with a piece of paper and a pencil. Every

time I saw a man, it didn't matter what he was doing, I'd just put a mark - man, man, man, woman."

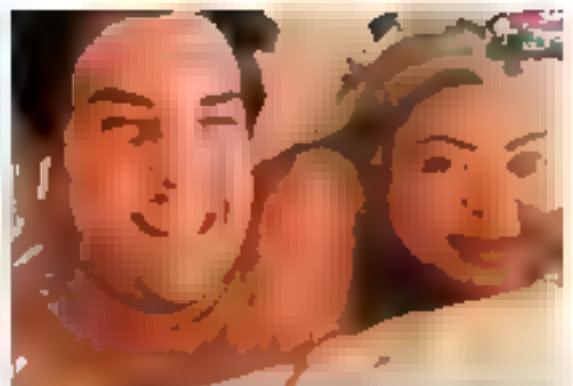
Offering advice to young thespians, Dame Helen told an audience at the BFI & Radio Times Television Festival: "Learn to say 'f*** off' and don't be an a***hole."

Dame Helen will soon be starring as Russian empress Catherine the Great in a Sky Atlantic drama, and insists the monarch never had sex with a horse.

She said: "That was calumny thrown at her by history because history doesn't like very successful, and very powerful women."



MARKING Dame Helen counts ladies on stage



Of all the John and Yoko pretenders, nobody could have predicted Gemma Collins and James Argent would commandeer their pioneering bed-in.

Sadly, the pair couldn't make it into Heart radio's London studios, so they conducted their interview with breakfast show hosts Kelly Brook and JK from between The GC's sheets - which, she was clear to note, have "thousands of thread counts".

To be fair, Arg, he needs his rest ahead of taking part in Cancer Research UK's Race For Life, so he's forgiven for having a lie in.

Ozzy Osbourne hasn't always been so kind to bats, but since taking up goat yoga (that's, er, yoga with goats) last year, he's developed an affinity for the animals - and even bottle feeds his favourites.

The Black Sabbath frontman is recovering after he was treated in intensive care earlier this year for pneumonia, and then suffered a fall.

He's been forced to postpone his 2019 tour dates.

At least he can spend more time with the kids.



B SEEING YOU..

Mel B's ears must have been burning yesterday.

Her other Spice Girl pals reunited for their first tour rehearsals, weeks after she claimed she had a lesbian fling with Geri Horner. Geri, Mel C and Emma Bunton got together in a North West London studio, with Mel B set to join them soon before their June gigs after completing court commitments in the US. She's "excited" about rejoining them, according to a source.

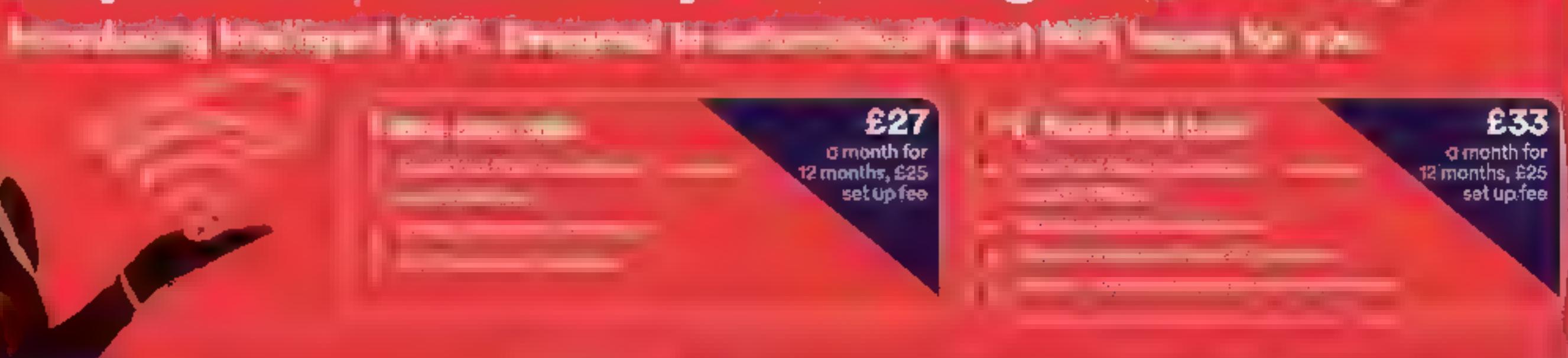
Geri possibly less so...

SPICY CLAIM Mel B



3 BECOME 1 Geri, top, Emma and, left, Mel C reunite for rehearsals

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Eating ourselves thinner

**ANCIENT**

Neanderthals had powerful jaws

Human faces are getting smaller.. because we don't have to chew food so much

BY MARTIN BAGOT Science Correspondent
HUMAN faces are shrinking as we eat more cooked and processed food, scientists say.

Neanderthals had wide faces and big teeth to tear through the raw food they hunted and gathered.

But eating cooked meat and farm staples like bread has given us smaller jaws with more changes likely, according to a study of 100,000 years of evolution.

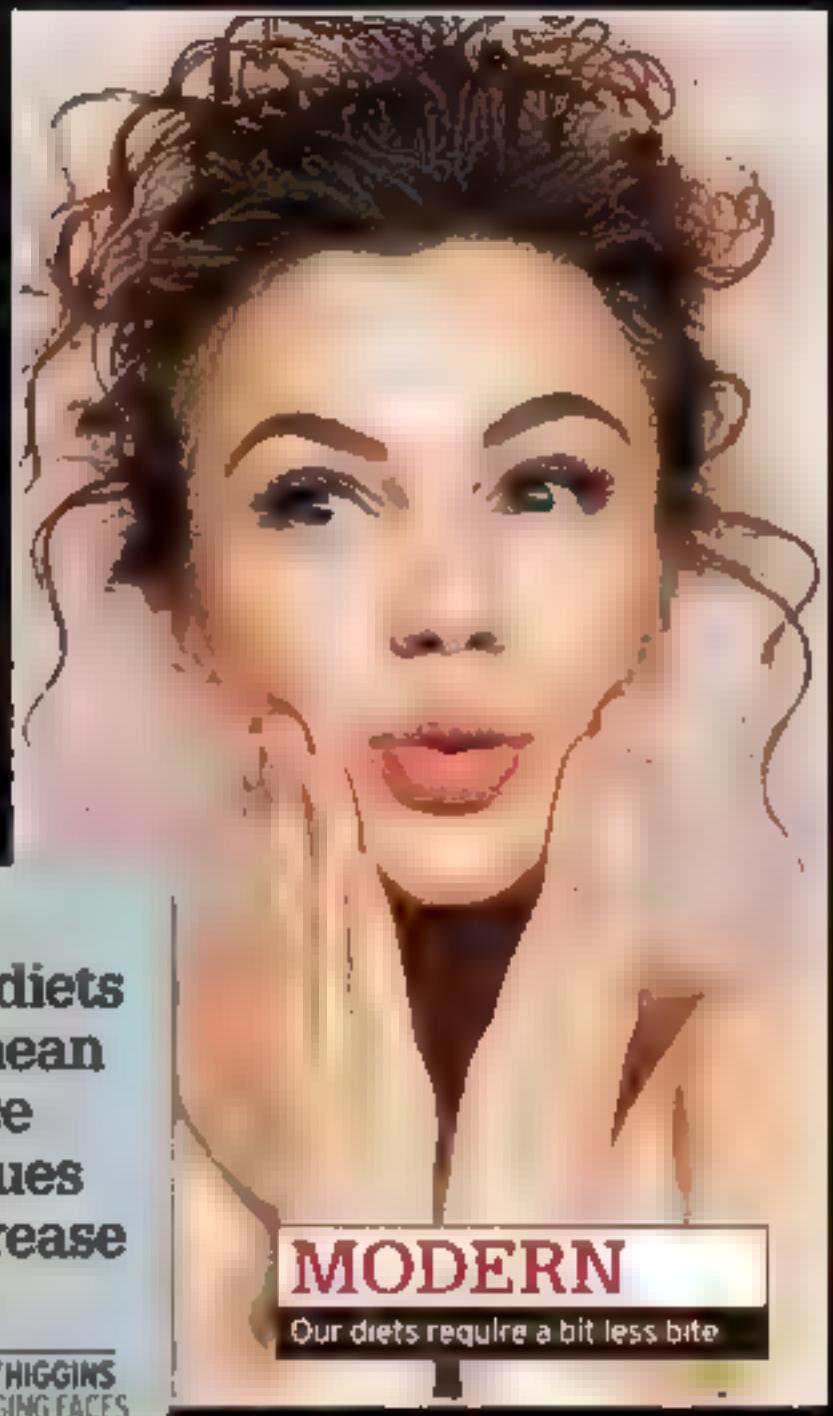
Report author Paul O'Higgins, of York University, said: "Softer, modern diets may mean the human face continues to decrease in size. There are limits on how much the human face can change, breathing requires a sufficiently large nasal cavity."

"However, within these limits the evolution of the human face is likely to continue as long as our species survives."

Smooth foreheads also replaced heavy brows, letting us display more emotions as societies became more complex.

Prof O'Higgins added: "It's unlikely our ancestors had the same facial dexterity."

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“
Softer diets
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PROF PAUL O'HIGGINS
OUR CHANGING FACES

MODERN

Our diets require a bit less bite

Hero airman is dead at 96

AN airman who survived 29 bombing raids over Germany in the Second World War has died, aged 96.

Henry Rossiter served as a radio operator in RAF Bomber Command 115 Squadron and was the last surviving crew member from his aircraft.

His war record earned him the Legion d'Honneur, France's highest award.

Henry, of Exeter, Devon, became a policeman and later a bailiff. His daughter Lorraine said: "He didn't talk much about the war."

Baby bliss for the over-40s

THE pregnancy rate among women aged 40 and over continues to rise, figures have revealed.

The conception rate per 1,000 women in that age group was 15.8 in 2017, up on 15.4 in 2016 and 15.1 in 2015, Office for National Statistics data shows.

But, overall, pregnancy rates fell in 2017. There were 847,204 conceptions, a 1.8% drop on 2016 and the biggest fall since 2012.

Rates fell for a 10th year running, to 17.9 per 1,000, for women aged 15 to 17.

Happy Easter.



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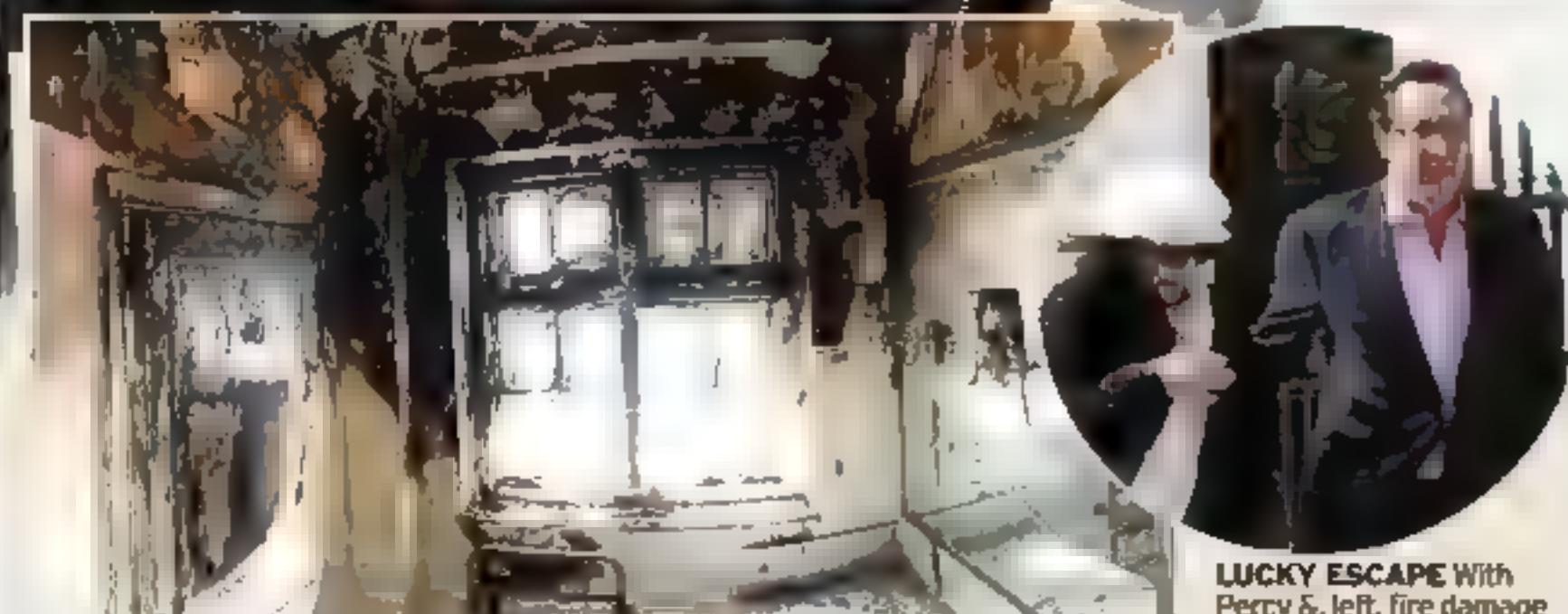
Supermarket of the Year.

JOANIE HOME AFTER BLAZE CLOSE SHAVE

Star 'still shaken' by ordeal as she praises rescuers



GRATITUDE Dame Joan outside home yesterday right, story on horror



LUCKY ESCAPE With Percy & left, fire damage

BY ASHLEIGH RAINBIRD Diary Editor

DAME Joan Collins has been back to her London flat two days after it was hit by a "terrifying" blaze and admitted: "I'm still shaken up."

The actress, 85, was at home when the fire broke out on Saturday afternoon - sparked when strong sunlight reflected by a shaving mirror in her guest bathroom ignited a blind.

Husband Percy Gibson, 54, had battled the flames with a handheld extinguisher as firefighters dashed to the £3million Belgravia property.

The couple, both treated for smoke inhalation, were seen outside their charred home yesterday afternoon and Joan said: "I'm still shaken up about it."

Firefighters warned others to be aware of the risk intense sunlight can pose. Crew manager Chucks Abili, who was at the scene, said: "These fires are not as rare as you think and this shows fires can happen in anyone's home."

RAYS

"At this time of year, the sun is low in the sky so the concentrated rays can set light to nearby items. We've seen fires caused by glass doorknobs, jars and bottles on sills, and hanging crystals."

He added that "Mr Gibson did a good job in tackling the fire initially" but urged people to leave their property immediately and dial 999.

Joan has praised ambulance crews, the Met and London Fire Brigade for their responses. One post on social media read: "THANK U from the bottom of my heart to the marvelous @LondonFire who attended the terrifying fire."

She added: "My hero Percy had already doused the flames consuming the entire wall with extinguisher."

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SIGHT

It's the sense we most dread losing, yet a quarter of us fail to have our eyes checked every two years. Poor uptake of eye tests is the biggest risk to our sight even though half of all sight loss is avoidable, says the Royal National Institute of Blind People.

Don't lose it

- Cut down on booze and quit smoking: "Heavy drinking (three or more units per day) has been associated with the development of early age-related macular degeneration (AMD), the UK's leading cause of sight loss. Smokers are up to four times more likely to lose their sight than someone who has never smoked," says David Cartwright, optometrist and chairman of Eye Health UK. "Toxic chemicals in tobacco smoke can damage the delicate surface and internal structure of the eye leading to an increased risk of conditions including AMD, thyroid eye disease, dry eye and poor colour vision."



- Be screen smart. Avoid eye strain when working at a screen by following the 20-20-20 rule: look 20ft in front of you every 20 minutes for 20 seconds.

- Eat less meat and more fish. "Just one portion of fish a week can reduce your risk of developing AMD by up to 40%, while ditching a diet high in meat (more than 100g daily - the equivalent of two small sausages) could cut your risk of cataracts," says David.

- A healthy weight helps protect the retina against the breakdown of cells and the onset of AMD and prevents damage to blood vessels linked to glaucoma.

- Get moving. Studies have shown that regular exercise, such as walking, can reduce the risk of age-related macular degeneration by up to 70% and decrease the risk of age-related cataracts too, says Dr Nigel Best of Specsavers. Take a brisk 20-minute walk at least four times a week.

TOUCH

The skin is the largest sensory organ in the body, carrying messages to the brain via neurons that have nerve endings in the skin. However, receptors are lost as we age so people become less aware of touch sensations, explains Dr Sarah Brewer, medical director at Healthspan. Sensitivity can also be altered by infection, disease or damage to sensory neurons.

Don't lose it

- Take regular breaks from repetitive actions like typing which can cause nerve damage. Quit smoking, keep hands and feet warm and exercise daily to boost your circulation.

- Three out of five post-menopausal women notice an impaired sense of touch due to lack of oestrogen,

which affects skin sensation. "Hormone replacement therapy brings dramatic relief - or consider herbal remedies such as isoflavones or black cohosh," says Dr Brewer.

- Diabetes is the most common cause of peripheral neuropathy (numbness and loss of sensation in hands and feet). Reduce your chances of developing Type 2 diabetes by maintaining a healthy weight, eating well and being active.



DON'T LOSE IT



SMELL

Anosmia, or losing your sense of smell, affects approximately 5% of the population and can have a profound impact.

"In addition to alerting us to danger, smell plays an important role in memory and emotion," explains Professor Philip Pott, director of research and affairs at the charity Fifth Sense.

"Sufferers often talk of feeling isolated and cut off from the world around them, experiencing a 'blunting' of emotions."

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MAGAZINES

PUZZLES

Quizword & Crossword

Two sets of clues, two different answers – all on the same grid. Choose one or the other.

Quizword

ACROSS

- 6 1969 comedy-drama film starring James Mason and Helen Mirren (3,2,7)
- 8 Small European songbird also called a hedge sparrow (7)
- 9 Lake –, body of water in northwest Russia between Lake Ladoga and the White Sea (5)
- 10 Geoffrey –, Labour MP for Ashfield from 1992-2010; 1999-2005 Secretary of State for Defence (4)
- 12 Justus –, 19th-century German chemist who founded agricultural chemistry (6)
- 14 Eurasian plant whose aromatic leaves are used as herbs for seasoning (5)
- 15 Amanda –, actress who played Deedee Dove in 2000 crime film Sexy Beast (6)
- 16 Member of a South American Indian people whose empire centred on Peru (4)
- 19 Hieronymus –, Dutch painter whose works include triptychs The Last Judgment and The Garden of Earthly Delights (5)
- 21 Mammal also called a spiny anteater (7)
- 22 1980 and 1984 Olympic men's 1500m gold medallist (9,3)

DOWN

- 1 Judge –, US actor who played Neil Miller in The Santa Clause film series (8)
- 2 Jon –, rugby union full-back at London Wasps from 1997-2000 (5)
- 3 Rebecca –, 2006 Commonwealth 800m freestyle swimming gold medallist (5)
- 4 Resort that hosted the F1 Portuguese GP from 1984-96 (7)
- 5 Gaming stake put up before the deal in poker (4)
- 6 and 7 2010 short story collection by Jeffrey Archer (3,7,5,1,4)
- 7 See 6 Down
- 8 The –, 1996 comedy-drama film starring Colm Meaney and Donal O'Kelly (3)
- 12 Trygve –, Secretary-General of the United Nations from 1946-52 (3)
- 13 The –, 1940 film comedy starring W C Fields as Egbert Souse (4,4)
- 14 Capital of Iraq (7)
- 17 City in central Scotland on the River Tay (5)
- 18 The –, 1931 film drama starring Tallulah Bankhead and Irving Pichel (5)
- 20 Port in northeast Egypt linked by rail with Cairo (4)

Crossword

ACROSS

- 6 Tool with an adjustable jaw (6,6)
- 8 Disciple (7)
- 9 Guide a vehicle (5)
- 10 Charged particles (4)
- 12 Against (6)
- 14 Assistants (5)
- 15 Erse (6)
- 16 Unruly child (4)
- 19 Beneath (5)
- 21 Of the heart (7)
- 22 Caught red-handed (4,2,6)

DOWN

- 1 Declare (8)
- 2 End of life (5)
- 3 Legal possessor (5)
- 4 Spotty disease (7)
- 5 Dull pain (4)
- 6 Serious, important (10)
- 7 Basic realities (5,5)
- 11 So or thus (3)
- 12 Animal doctor (3)
- 13 Without a bend (8)
- 14 Aggressive behaviour when flying (3,4)
- 17 Exclusive news story (5)
- 18 Draw off liquid from (5)
- 20 Business transaction (4)

Solutions in tomorrow's Daily Mirror

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PUZZLES

£75 Codebreaker

We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The starter word **DOG** shows you that **25=D, 9=O** and **7=G**, so write these letters wherever their numbers appear in the grid. The completed grid will include all letters of the alphabet. Remember, none of the answers are proper nouns. **Solutions in tomorrow's Daily Mirror**

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
						G	O					
14	15	16	17	18	19	20	21	22	23	24	25	26

D

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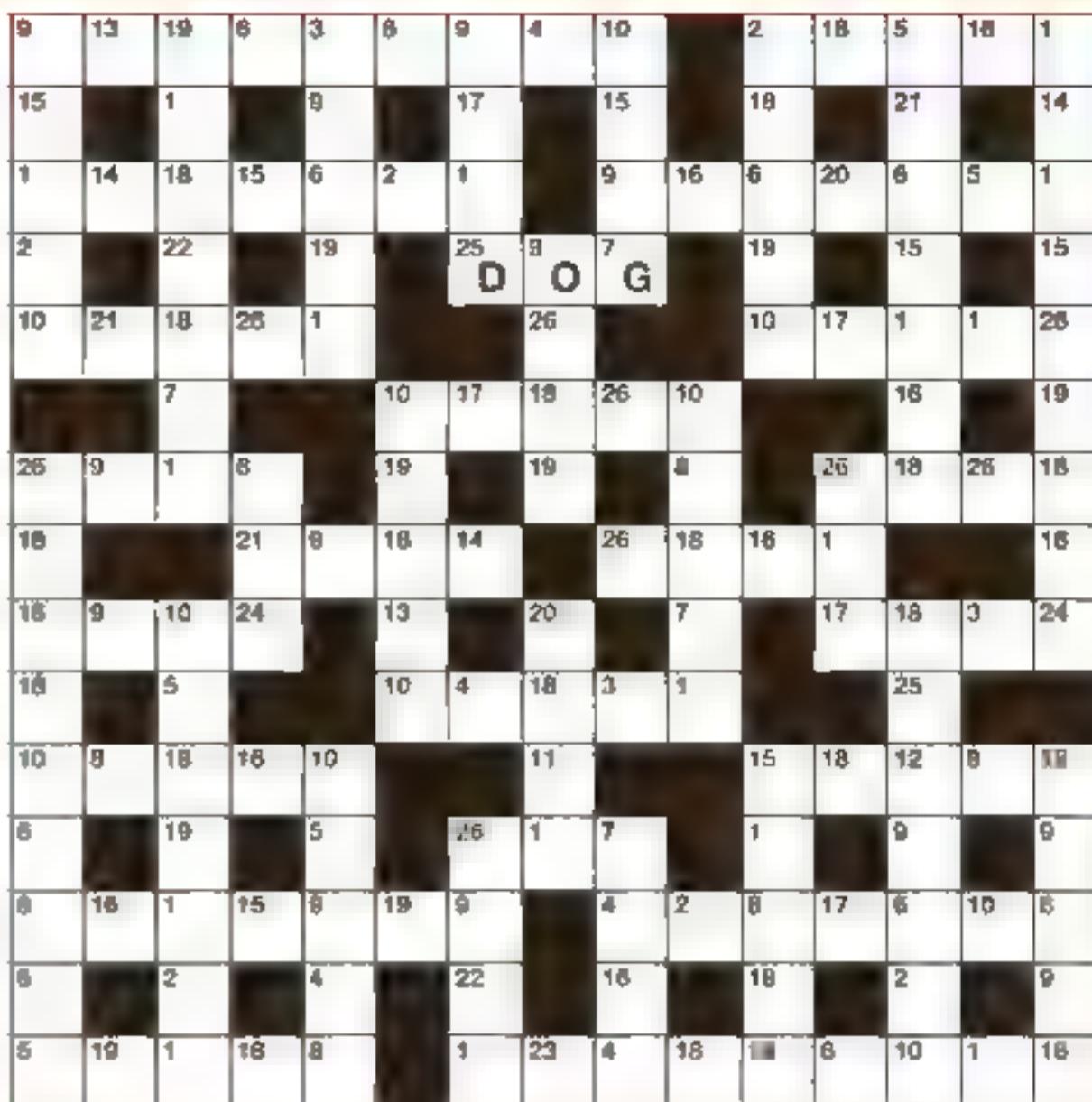
HOW TO ENTER: Call 0901 293 3000 (£1/call) and tell us which letter is represented by the number '1' in today's Codebreaker. Or text DMCODE and your answer, name and postcode to 61011 (£1/text). The winner will be drawn at random after lines close at midnight tonight. **FOR 5 CLUES:** 0903 655 6060 (60p/min) or text CODECLUE to 61011 (£1/text) for 5 clues.

Last Tuesday's winner: Ann Newton, Heanor

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Break's**
PUBLISHING MAGAZINES

**EXTRA
PAGES!**



Just a bit of fun

Which one of our four definitions is correct?

GONGSTER

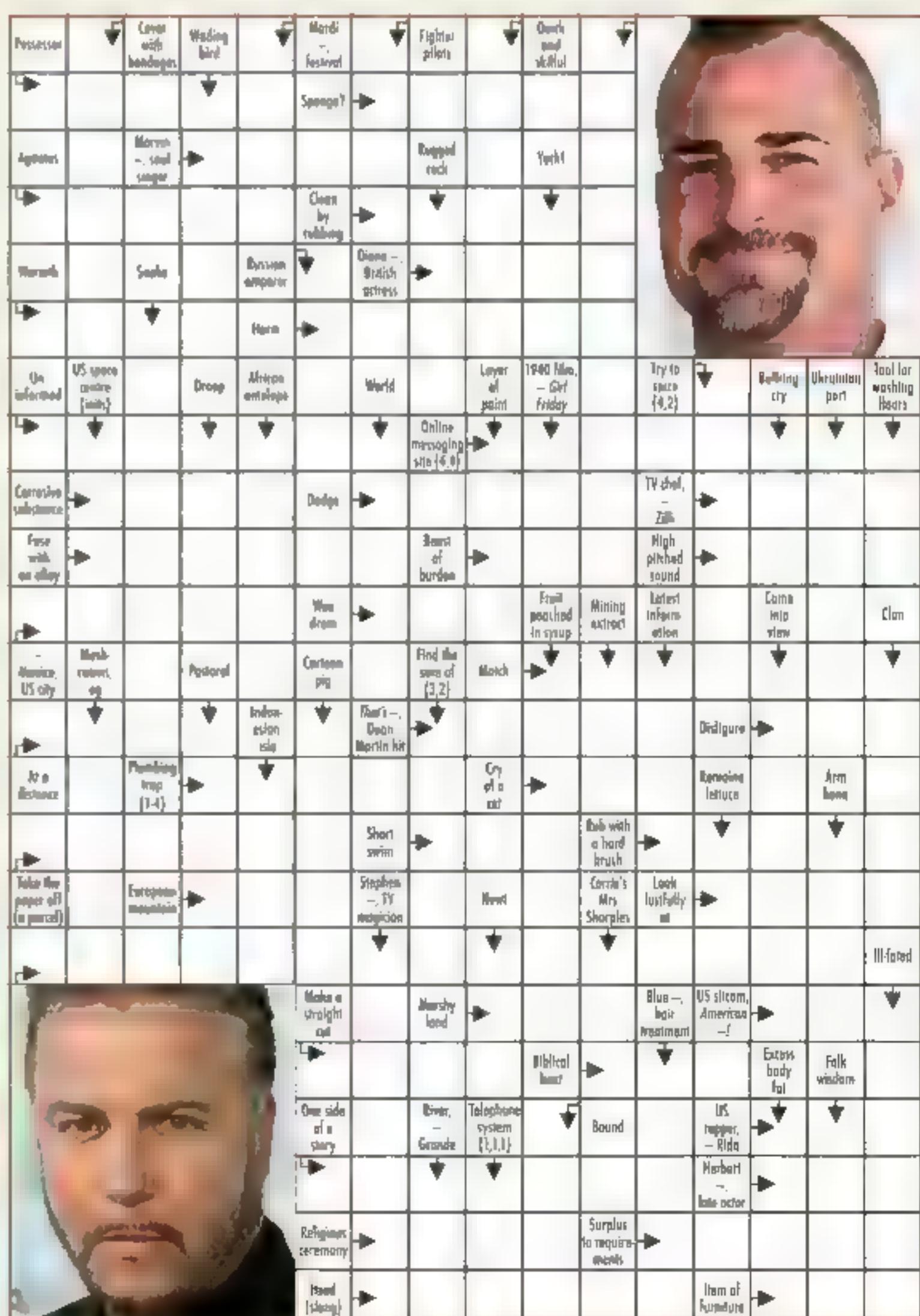
- 1 Person who strikes a gong
- 2 Former member of an organised group of bandits
- 3 Point or apex of the angle of the lower jaw
- 4 Instrument for examining the cornea

Solutions in tomorrow's Daily Mirror

Picture pointer

Arrowwords are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solutions in tomorrow's Daily Mirror



"THE FIGHT OF MY LIFE"

British Royal Marine, Marine A, became the first soldier to be convicted of wartime murder since World War Two, dominating headlines for months. For the first time, Sgt Alexander Blackman tells of the hellish tour that led to his 'moment of madness' and the consequences of his actions...

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SGT. ALEXANDER BLACKMAN
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Su-doku corner**EASY SU-DOKU**

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

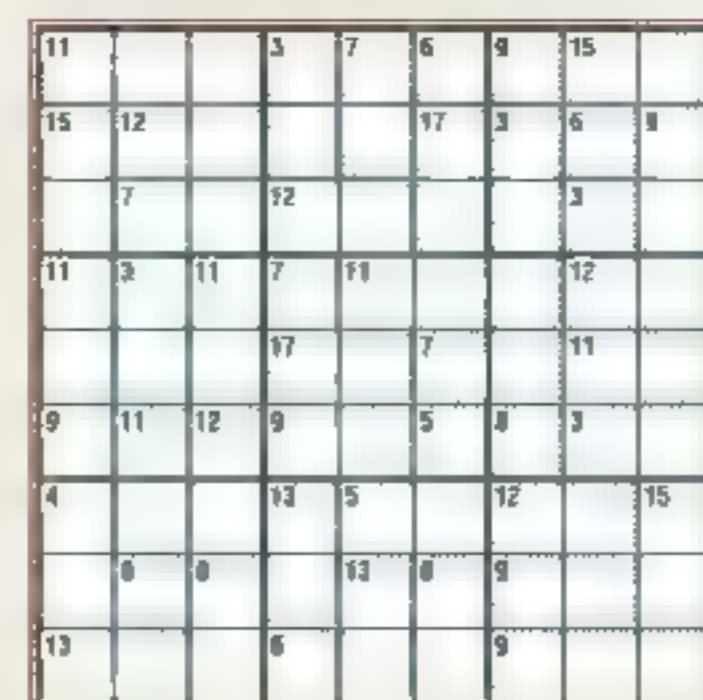
Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

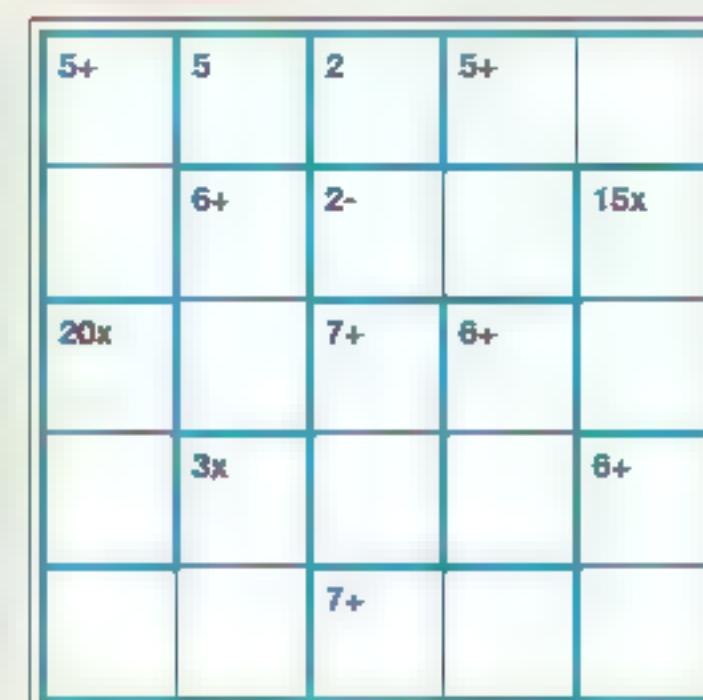
Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call **0903 655 6060** (60p/min) to hear **SU-DOKU 5** NUMBER CLUES or **FULL SOLUTIONS** to the easy and toughie su-dokus. Or text **EASYCLUE** or **TOUGHCLUE** to **61011** (£1/text) for **5 CLUES**.

KILLER SU-DOKU

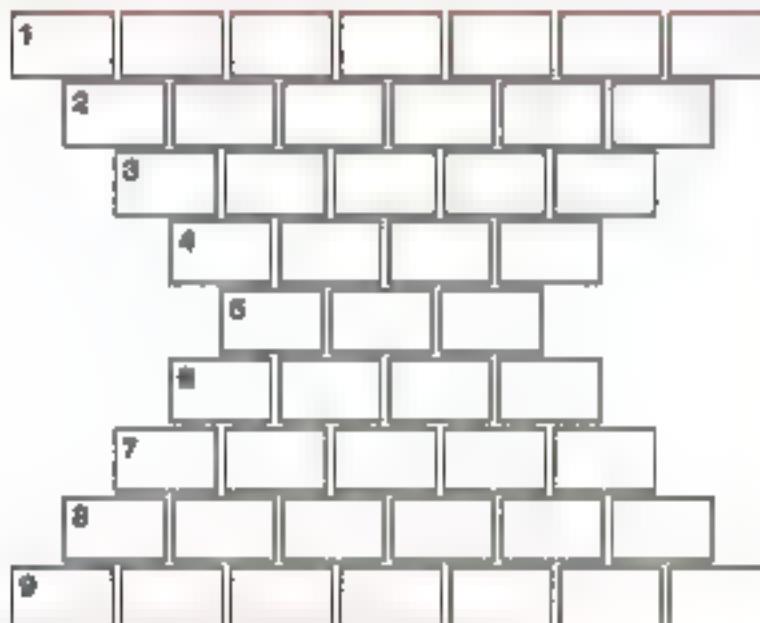
Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

HITOSHI

The totals given in the areas bounded by bold lines (cages) can be the result of addition, subtraction, multiplication or division. The numbers 1-5 can appear once in every row and column. Note that numbers can be repeated within cages.

Solutions in tomorrow's Daily Mirror

Brickwork

Solutions in tomorrow's Daily Mirror

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- 1 Moaned, slighed
- 2 Fire-breathing monster
- 3 Decorate, bedeck
- 4 Thoroughfare, highway
- 5 Fuss, commotion
- 6 Fizzy drink
- 7 Oodles
- 8 Back fin
- 9 Tribulations

Fivers

From the letters of the words given below, form six five-letter words to fit the grid. Three letters have been inserted already and here is a clue to the first word reading across: *Pulsate rhythmically*



FREE
FROTH
HERE
KINE
RUBY

Solutions in tomorrow's Daily Mirror

Bingo

**Tue April 16 2019
Game 14 Day 2**



HERE are the numbers for **Day 2** of Game 14 on your Bingo card.

TO WIN a full house £250 prize, all 15 numbers on the Game 14 grid must be correctly crossed off with the Daily Mirror numbers. If you're still short by Saturday, buy the Sunday Mirror and the Sunday People for more numbers and the chance to win a £100 prize. TO CLAIM Call 01420 525501 (Rel 01 868 8620) from 10am to 3pm on Mondays only. If you get a full house on any other day, you will need to phone and make your claim on the following Monday. No responsibility accepted for failure to call within stated hours. Terms as published. Std Reach Rules apply, see www.mirror.co.uk/2019bingorules

Hide'n'seek wordsearch

Rub shoulders with the Hollywood greats in this rundown of Brad Pitt's co-stars. The leftover letters reveal the names of the three biological children he shares with Angelina Jolie. **Solutions in tomorrow's Daily Mirror**

ABRAMS

ARQUETTE

BANA

BANDERAS

BARRYMORE

BASINGER

BLADES

BLANCHETT

BLETHYN

BOLLINGER

BONHAM CARTER

BYRNE

CLARK

DUCHOVNY

DUNST

FORBES

FORD

FORLANI

GANDOLFINI

GOULD

HACKMAN

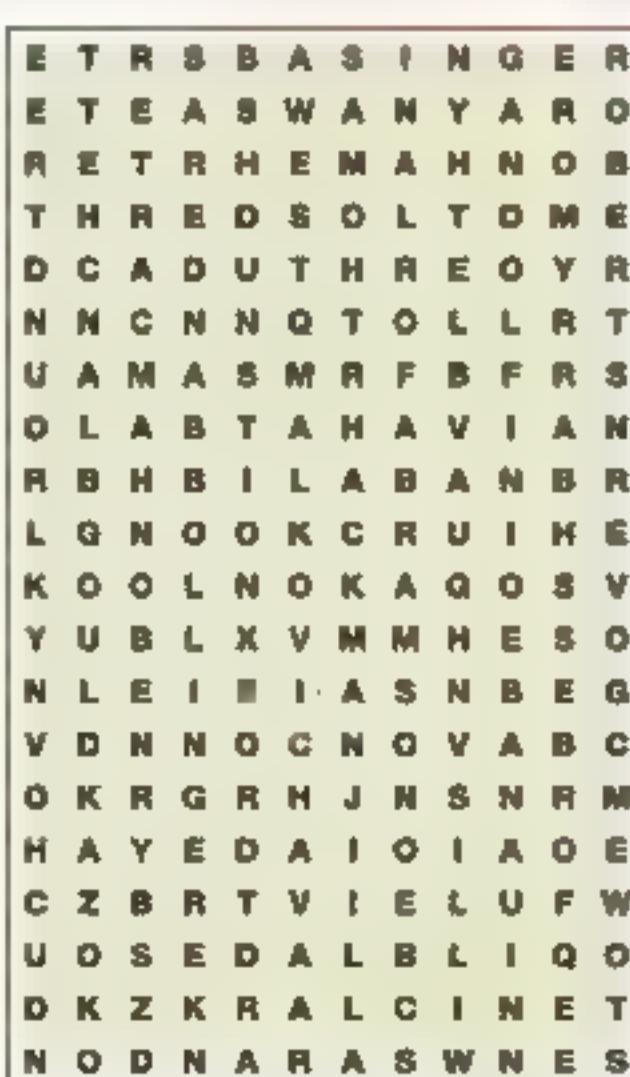
JOLIE

KOZAK

MALKOVICH

MCGOVERN

QUINN

**YESTERDAY'S SOLUTIONS****QUIWORD****ACROSS**

1. Osage
4. Emily
10. O'Mara
11. Ariosto
12. Jan Mayen
13. Mars
15. Osmium
17. Donner
19. Ezra
20. Sheppard
23. Leitrim
24. Duets
25. Stone
26. Pound

DOWN

2. Spain
3. Gullacum
5. Main
6. LaShawn
7. Jonjo O'Neill
8. Bagel
9. Horseradish
14. Don Pedro
16. Merritt
18. Thyme
21. Ahern
22. Bron

TWO-SPEED COFFEEBREAK

- ACROSS:** 1. Medic, 4. Straw, 7. Nod, 9. Change, 11. Plea, 12. End, 13. Siberia, 15. Emerald, 18. Cod, 19. Site, 20. Emerge, 23. Raw, 24. Yearn, 25. Tenor.
- DOWN:** 1. Mackerel sky, 2. Inn, 3. Cog, 5. Ruler, 6. Wear and bear, 8. Deli, 10. And, 13. Sea, 14. Bad, 16. Extra, 17. Leet, 18. Car, 21. Mat, 22. Ewe.

NAME GAME

MOZAMBIQUE 12, 21, 30, 40, 58, 6M, 7M, 8A, 90, 10E

CROSSWORD**ACROSS**

1. Chain
4. Beach
10. Olive
11. Obscure
12. Saturate
13. Wide
15. Dental
17. Hobnob
19. Ripe
20. Umbrella
23. Trumpet
24. Basic
25. Jeans
26. Metro

DOWN

2. Hoist
3. Ice cream
5. Easy
6. Caution
7. Considerate
8. Lotto
9. Resemblance
14. Horrible
16. Neptune
18. Omits
21. Loser
22. Span

CODEBREAKER**ACROSS**

DAXWTFLIGCOUEY

BVHJMRSINMQZKMP

CUBISTACAGIA

AIAFORRO

REVIVALETERNAL

EODAIMEJI

SCOUTSIMPLOYEE

STANHEXEIS

SCRAGXWAING

IATTARANE

NAPPYRYOKEL

ELLRADUVB

TABLEAUOASCAKE

CUCFEZSSR

HIMSELFEDIFICE

EEDSONZVF

DENIEDDESERET

PICTURE POINTER

AMEB

BRAIDS

EELS

ALFALFA

IRETRENDA

RUSSELL GRANT



Aries March 21-April 20

Often when you are inspired by new ideas, you will charge in without thinking about the consequences. An impulsive move could be cause for regret. Jobs that have already begun need to be given priority. Clear away the clutter before even thinking about making any new starts.

For more call 0905 789 4171 (18p/min + network access charge)

Taurus April 21 - May 20

Be proud of your achievements. Your recent hard-working efforts are now bringing their rewards. Someone you hold in high esteem will let you know how much they admire and appreciate your good work. Work interests, personal and public activities will all zoom ahead now.

For more call 0905 789 4172 (18p/min + network access charge)

Gemini May 22-June 21

Share your brilliant ideas and you will win the respect of your peers. Friends value your opinions and want you to take the lead in group concerns. In the past you may have been reluctant to take on additional responsibilities but now you can see how supporting others will strengthen your relationships.

For more call 0905 789 4173 (18p/min + network access charge)

Cancer June 22-July 23

Make time for creative pursuits if you're growing bored with your job or usual routine. Call up some friends and make social plans. This will help pull you out of this rut. Signing up for an evening class or starting an online learning course will be a step towards achieving your full potential.

For more call 0905 789 4174 (18p/min + network access charge)

Leo July 24 - August 23

You might be arranging a journey to a place that's always interested you. Travel and learning will create interest and variety as well as the chance to widen your social circle. If you're thinking about the pros and cons of owning a holiday home, discuss these with a practical Virgo friend.

For more call 0905 789 4175 (18p/min + network access charge)

Virgo Aug 24 - Sept 23

An argument weighs on your conscience. You might feel a relationship is falling apart. If you want to improve things between you, insist that you and your partner or best friend spend some quality time together. Romance and creative efforts will be a source of inner joy.

For more call 0905 789 4176 (18p/min + network access charge)

Libra Sept 24-Oct 23

Future arrangements are causing confusion. It might feel as if you and a partner are speaking a different language. Be patient. A little tact will take to mend this rift. If the thought of visiting a place, event or meeting makes you nervous, take a friend or colleague along for emotional support.

For more call 0905 789 4177 (18p/min + network access charge)

Scorpio Oct 24 - Nov 22

You're keen to build a brighter future and your loved ones are eager to support this aim. Due to the encouraging atmosphere around you, this would be a good time to sit down together and make long-term plans of a joint nature. Discussing mutual interests will lift your spirits.

For more call 0905 789 4178 (18p/min + network access charge)

Sagittarius Nov 23-Dec 21

Now that you're so close to making a start on a new group venture, you feel worried about what might lie ahead. You will be working alongside people you don't know very well and this makes you wonder whether you're doing the right thing. Taking action is better than treading water.

For more call 0905 789 4179 (18p/min + network access charge)

Capricorn Dec 22-Jan 20

Everything that can go wrong seems to do so. Ignore someone who can't seem to resist pointing out that they told you so. It will take a while but problems can be fixed. Just keep reminding yourself about how excited and positive you felt during the planning stages of this project.

For more call 0905 789 4180 (18p/min + network access charge)

Aquarius Jan 21 - Feb 19

It may not have been your intention to get involved in a group project but somehow you will find yourself in the thick of it all. People are impressed by your skills and they are looking to you for guidance. Even those who have no confidence in their abilities will blossom under your leadership.

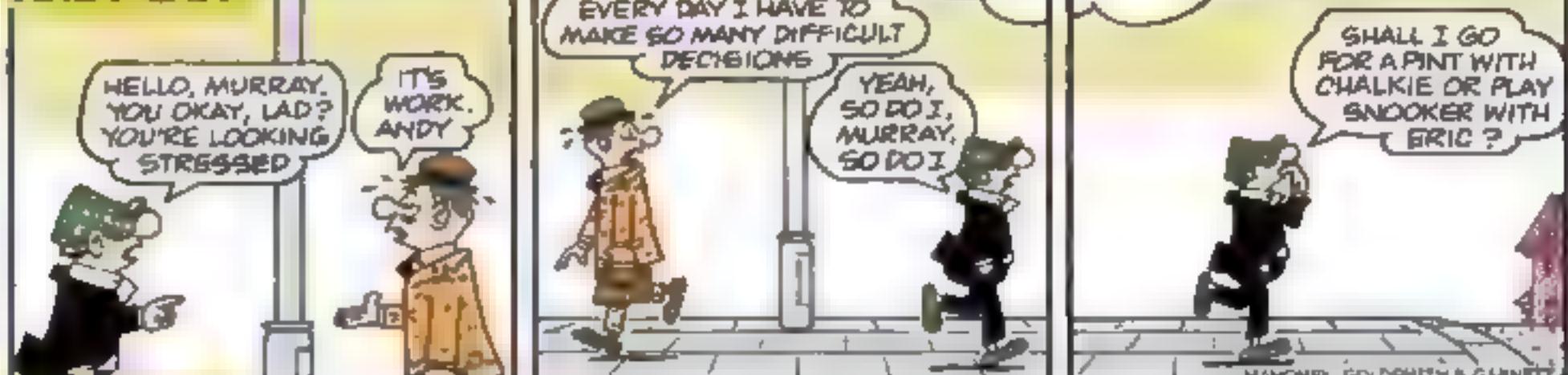
For more call 0905 789 4181 (18p/min + network access charge)

Pisces Feb 20 - Mar 20

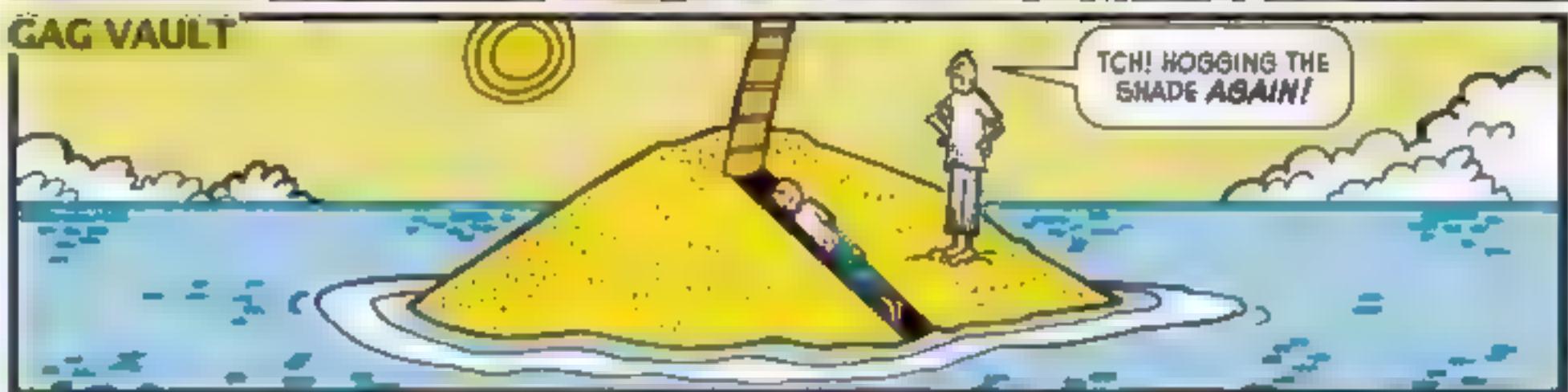
Organising a fund-raising project is a great way to foster community relationships. Your willingness to give up some of your free time for a special cause or organisation will be greatly appreciated. Getting involved in volunteer efforts will also improve your social status.

For more call 0905 789 4182 (18p/min + network access charge)

ANDY CAPP



PERISHERS



GARTH



Baking for Easter BBC Good Food daily recipe to collect

Easy Easter biscuits

Celebrate Easter and the start of spring with these easy currant biscuits flavoured with lemon and nutmeg. They're perfect served with a cuppa

250g unsalted butter, softened
140g golden caster sugar, plus extra for sprinkling

1 medium egg, separated and beaten
1 lemon, zested

generous grating of nutmeg

300g plain flour, plus extra for dusting
1/2 tsp fine salt

60g currants

1 Heat the oven to 180C/160 fan/gas 4. Place the butter and sugar in a bowl and beat together with a wooden spoon until well combined. Add the egg yolk, lemon zest and nutmeg and beat again.

2 Add the flour, salt and currants and mix everything together to make a firm dough, using your hands if necessary. Form into a puck-shape, wrap and chill in fridge for 30 mins.

3 Line two large baking sheets with baking parchment and lightly dust your work surface with flour. Cut the dough in half and roll out to a 1/2 cm thickness. Cut out biscuits using a 6cm fluted cutter, lift onto one of the baking sheets with a palette knife, leaving a little space in between. Repeat with the remaining pastry to make a second tray of biscuits, re-rolling the off-cuts. Chill for 30 mins.

4 Bake for 7 mins, then remove from the oven, brush with egg white, sprinkle with extra sugar and return to the oven for 7-8 mins or until lightly golden brown. Leave to cool on the trays for 5 mins then carefully transfer to a wire rack to cool completely.

**PREP: 30 MINS
COOK: 15 MINS
PLUS CHILLING
MAKES 40**



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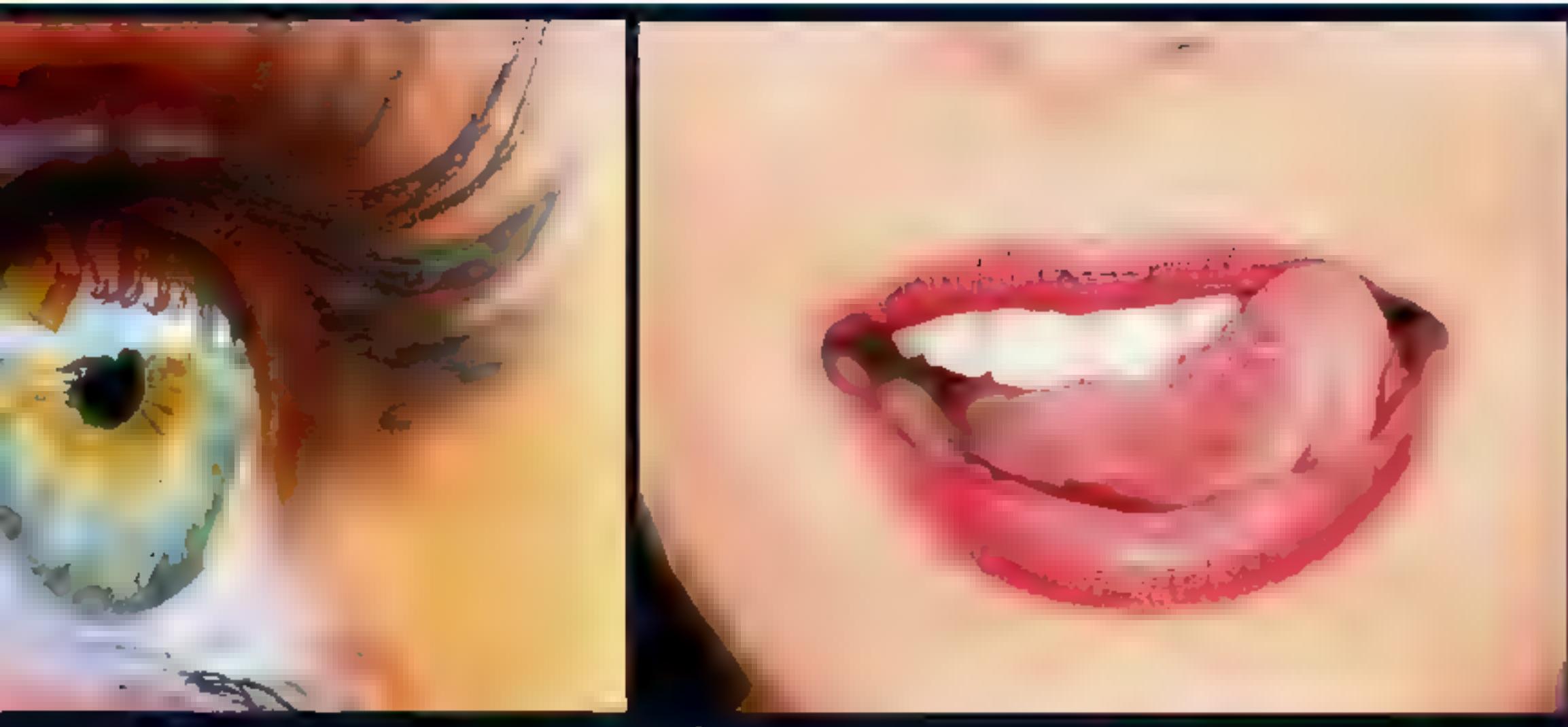
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TOMORROW'S RECIPE: FROSTED WHITE CHOCOLATE EASTER CAKE

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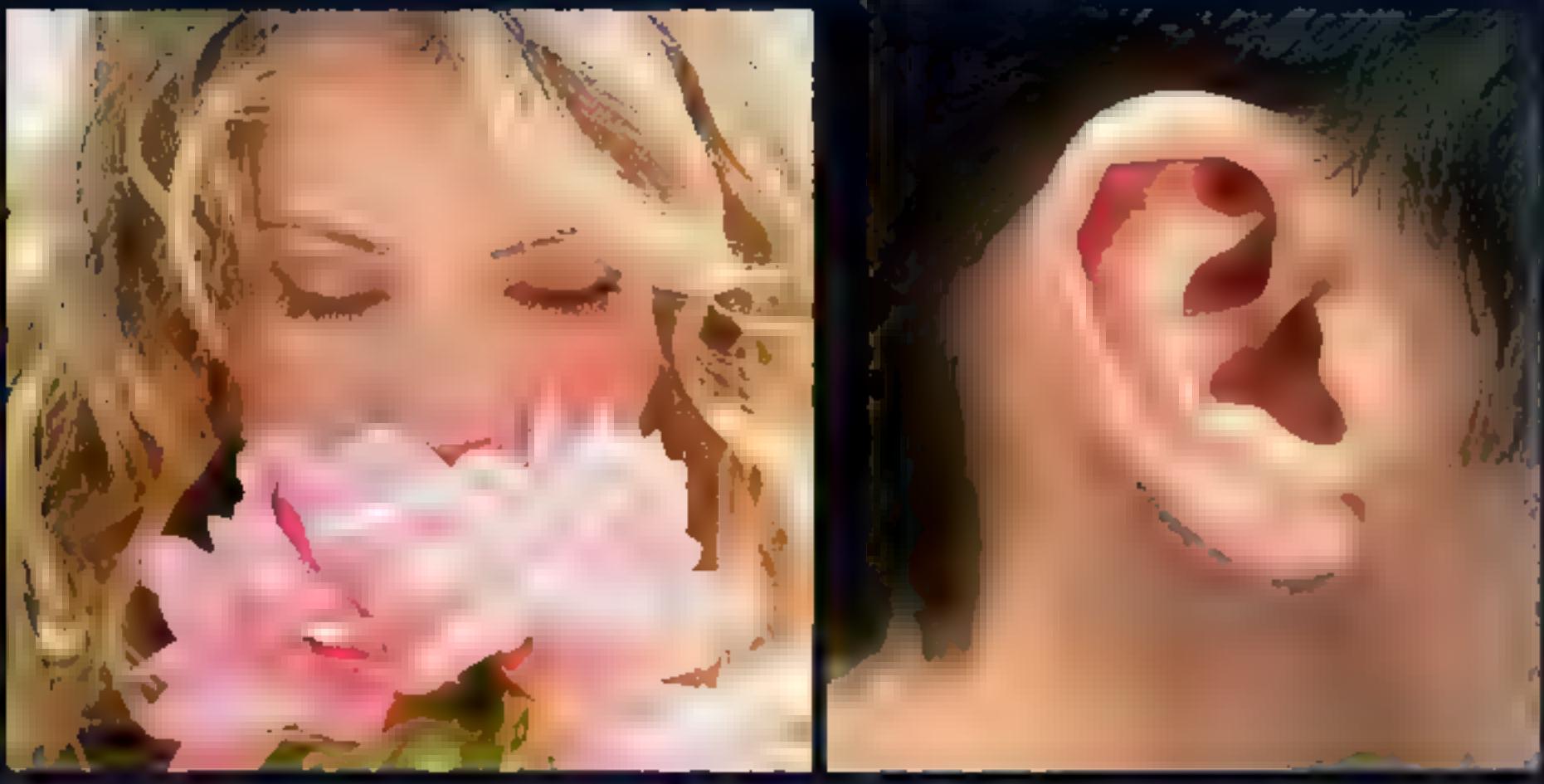
Be your best

32 DOCS THOUGHT MY TESTICULAR CANCER WAS AN STI

GO TO www.mirror.co.uk EDITED BY AMY FACKER

Don't take leave your senses

Studies show our senses dull as we age. Fiona Duffy seeks out easy ways you can protect and preserve your sight, hearing, smell, taste and touch



loss can affect one's ability to form and maintain close personal relationships and can lead to depression."

It can also indicate more serious health problems, such as Parkinson's disease and Alzheimer's. A diminishing sense of smell can be an early sign of the onset of both conditions.

Don't lose it

■ Wash your hands. Preventing germs and viruses entering the body via the eyes, nose

and mouth could reduce colds by 45% say American scientists. "Cold viruses can damage receptors causing permanent loss of smell," explains Prof Philpott.

■ Wear a cycling helmet. Trauma or head injury can significantly impact your sense of smell.

■ Tackle sinus problems. Chronic

sinusitis is the leading cause of smell loss, with sufferers most likely to respond to treatment. See your GP if problems persist.



■ Wash your nasal passages. "Smell nerves inside the nose are unprotected and can be damaged by pollutants," says Prof Philpott. "Squirting a saline solution into the nostrils helps clear particles and debris that can cause damage or allergies, improves mucus clearance and can reduce inflammation and prevent infection." For more information, see filthsense.org.uk.

■ Seek help as soon as you notice your sense of smell deteriorating. Early intervention results in better outcomes.

TASTE

From birth to adulthood we naturally lose two-thirds of our tastebuds, dropping from 30,000 to 10,000. Loss of taste or ageusia – the ability to detect the five basic tastes of sweetness, sourness, saltiness, bitterness and savouriness (umami) – is much rarer than loss of smell, but can reduce with age or as a result of neurological conditions such as stroke or epilepsy, reduced saliva flow and zinc deficiency, explains Dr Sarah Brewer.



Don't lose it

■ Up your intake of zinc-rich foods such as lamb, grass-fed beef, seafood, pumpkin seeds and oats. Speak to your doctor or pharmacist about supplements if you think you are deficient.

■ Avoid very hot foods and fluids as they can damage the taste buds, advises nutritionist Sonal Shah. "Add a new ingredient to meals every few days to re-educate your tongue. Chew thoroughly to release more flavour and activate taste buds."

■ Check your meds. "Some, such as blood pressure tablets, have side effects which can dull the sense of smell or taste. Talk to your doctor to make sure you're receiving the right dosage," says Sonal.

■ Floss. Food trapped between the teeth means debris lingers in the mouth for longer, slowly dissolving into our saliva and affecting taste buds, says Nigel Carter, Chief Executive of the Oral Health Foundation.

"Gum disease and failing to clean dentures every day can also lead to bad-smelling breath and an unpleasant taste. Practise good dental hygiene and have regular dental check-ups," he adds.

HEARING

Despite hearing loss affecting 11 million people in the UK, almost half of Brits have never had a hearing test. Action on Hearing Loss estimates that we wait an average of 11 years after hearing deterioration begins before seeking help.

Worryingly, a recent study published in *The Lancet* revealed that even mild levels of hearing loss increase the long-term risk of cognitive decline and dementia in people aged 55 and over.



Don't lose it

■ Have hearing checks every two years, or annually once you hit 55. Ask your GP for a referral if you have concerns or arrange a test at a pharmacy or opticians.

■ Notice excess noise, says MED-EL audiologist Patrick D'Haese. "If you have to shout to be heard by someone an arm's length away, the noise is too loud. Wear earplugs at concerts and noisy environments, and keep your distance from speakers."

■ Switch earbuds for headphones. These isolate background noise so you can listen at a lower volume and provide more space between the source of sound and your inner ear.

■ "Use volume limits on smartphone and headphones, which warn when the sound is too high," advises Gordon Harrison, chief audiologist for Specsavers. The United Nations estimates that around 50% of young people listen to unsafe levels of sound through personal audio devices, so limit headphone music to 60% of the maximum volume (anything above 85 decibels is harmful) and take regular breaks.

■ Don't dismiss hearing aids if you need them. Many models are now small and discreet – and using them will actually slow deterioration.

Angela Woodhouse's choice of the best deals and ideas for your garden



THREE-TIER FOLDING METAL PLANT STAND

Now £39.99 plus £4.95 p&p

Perfect for displaying plants, pots and a variety of other things, this three-tier folding metal plant stand from Garden Grow features a spiral-pattered frame with mesh shelving. Constructed from high-quality powder-coated steel for durability, the stand is weatherproof and perfectly suited for use both indoors and outdoors. This innovative stand requires no assembly and

folds flat for easy storage and transportation. When you are ready to use it, simply unfold it and either use as a freestanding display stand, or alternatively secure it to a fence, perfect for growing your own herb garden, and keeping plants off the ground away from any pests. It can also be mounted to the wall to keep your plants off the ground and create an interesting focal point. Measures D30 x W56.5 x H97.5cm.

G2663 Cream
G2662 Green
G3438 Black



ROMAN NUMERAL GARDEN CLOCK

Now £29.99 plus £4.95 p&p

This elegant garden wall clock features an attractive diamond-patterned edge and a Roman numeral face with contrasting black time hands. Simply mount to your preferred wall or fence using the sturdy built-in mount (screws not supplied), and keep track of time while you are enjoying long lazy days in the garden. Constructed from powder-coated steel for durability, this clock is available in bronze, grey or cream and makes a handy addition to any garden or conservatory. Requires one AA battery (not included). Measures W60.3 x D4cm.

G2614 Bronze G2615 Grey G2616 Cream

Cream

Grey

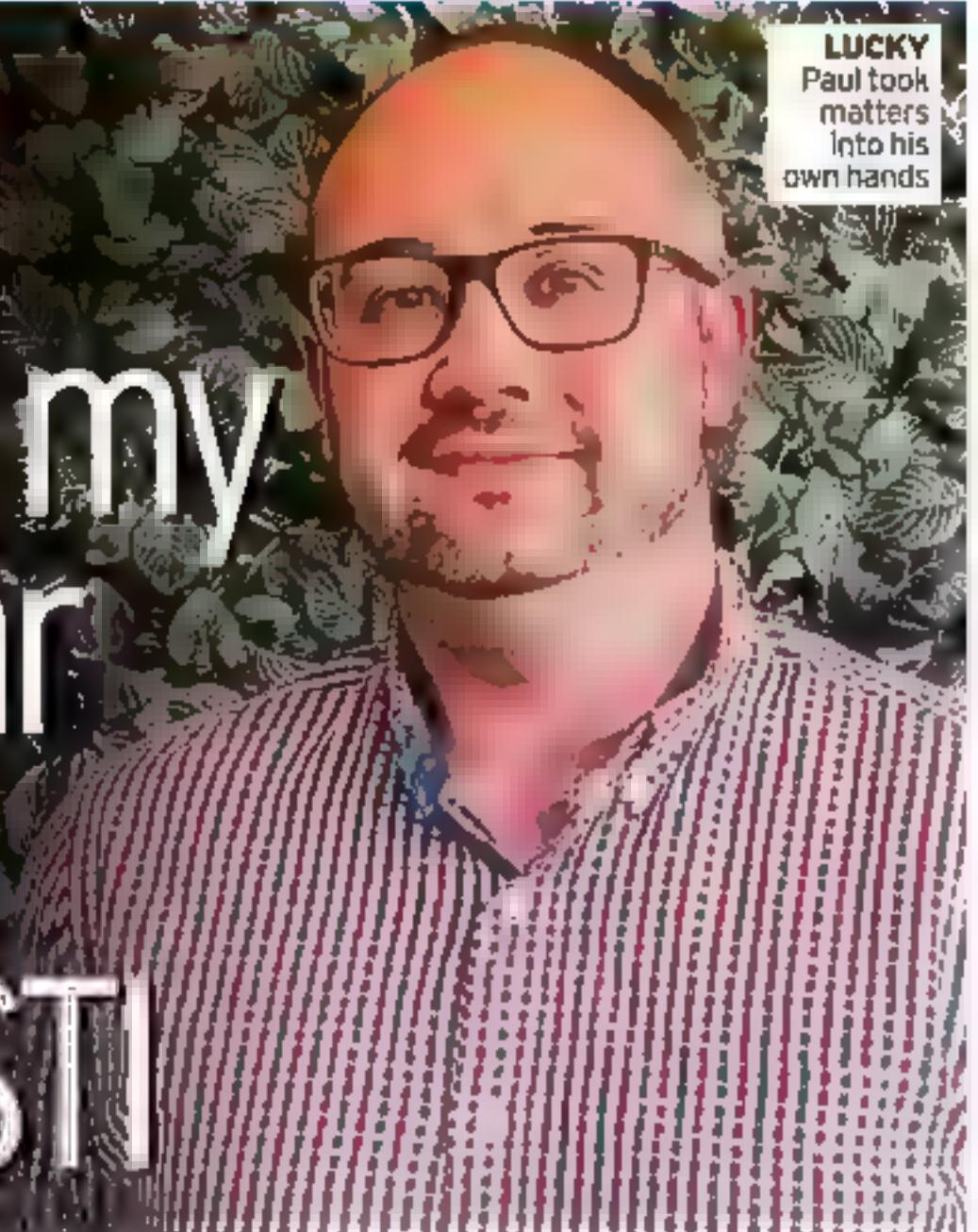
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HEALTH

Doctors thought my testicular cancer was an STI



LUCKY
Paul took
matters
into his
own hands

BY AMY PACKER

IT was only when Paul Hunter was curled up in agony on his bedroom floor and unable to move that he decided he'd finally had enough.

After months of pain and numerous trips to his GP where he had been given antibiotics for a sexually transmitted infection, the Cardiff-based marketing manager, now 29, asked his parents to drive him straight to A&E.

Once there, Paul had an ultrasound and a CT scan before he was given the devastating news that he had stage 3 testicular cancer.

"I'd heard of it because I knew what had happened to cyclist Lance Armstrong but I didn't realise it could be so serious," says Paul of his diagnosis in December 2014.

"By the time I was diagnosed, the tumour was squashing my left testicle. There was also a large mass which was crushing one of my kidneys and had begun to wrap itself around an artery."

The tumour in my abdomen was a teratoma – a rare type of germ cell tumour which is made up of several different types of tissue, such as hair, muscle or bone. There were also multiple tumours in my lungs.

He describes that night as the worst of his life. "I thought I was going to die. I couldn't believe this was happening to me," he recalls. "I assumed that there was nothing that could be done. At the time, I was in a serious relationship and I wanted kids, so it was devastating to be facing surgery. Fortunately, I was able to bank my sperm beforehand – although that isn't a conversation you expect to be having with your partner when you're 25."

Testicular cancer is the most common cancer in young men, with around 2,300 cases – more than six every day – in the UK each year.

Although survival rates are high (at over 95%), up to one in 20 cases is fatal.

Incidence rates for the disease are projected to rise by 12% in the UK between 2014 and 2035, according to figures compiled by Cancer

Research UK. "Testicular cancer has increased quite dramatically over the last 30 years, although the rate seems to be plateauing," says Professor Clare Turnbull, senior researcher at Institute of Cancer Research.

"The reasons for this are poorly understood, although environmental factors may be involved."

Symptoms include a lump or pain in the testicle, an increase in size or a change in the way it feels, although the symptoms can be vague or vary.

Most cases are diagnosed via the two-week referral route through a GP. However, around 10% of cases in England are diagnosed after presenting as an emergency, almost half of those in A&E as in Paul's case.

Recent research by Movember has shown that 69% of men in the UK aged 18-34 don't know they are in the age group most at risk of getting testicular cancer and therefore may not be checking regularly.

The poll of 1,093 British men conducted by YouGov, also found that 60% of men in that age group

“After telling my dad I had a lump in my testicle, he said, “It’s probably just an STI.” They found a testicle cancer tumour in my left testicle and my left kidney and abdomen

“This involved some tricky conversations with my girlfriend,” admits Paul. “I just knew it wasn't the cause though but was tested for STIs on three occasions over four months.”

Days after his diagnosis, Paul had surgery to remove his left testicle, followed by two months of chemotherapy, then an operation to remove the tumour in his abdomen.

He says: "I was amazed how quickly I recovered – I was back at work after about a month – but mentally I struggled to cope."

"When you've written letters to your family and partner because you might not survive an operation and picked out the music you want played at your funeral, it takes you to some pretty dark places." I also suffered from survivor guilt.'

Counselling and opening up to a few close friends helped Paul to come to terms with his ordeal.

"I do feel a certain amount of resentment over how long it took to diagnose my cancer," he says.

"My message to men my age is to check yourself and if something isn't right, go to the doctor."

■ For more information and to sign up for monthly self-check reminder emails, visit Movember.com/knowthynuts

WORLD OF GOOD

Anyone with small children knows it can be a struggle to get them through the recommended two minutes of tooth-brushing each morning and evening. So check out Playbrush Smart (£19.99; playbrush.com), an attachment which fixes on to the bottom of most manual toothbrushes and uses bluetooth to connect to interactive games apps which are designed to help motivate little ones to keep cleaning for longer. Best for age three and up, the Playbrush Smart comes with four free games to download onto a smartphone or tablet.

Canestest
Worried you might have a yeast infection? Cut out the wait for an appointment at your local surgery with

the Canestest Self-Test (£9.99, canestest.co.uk). The home-use swab is able to diagnose whether your

symptoms are one of two common problems that are often confused - thrush or bacterial vaginosis - by measuring your intimate pH levels. Once you have your results you will be able to buy the correct treatment to relieve symptoms from your local pharmacy without any need for a prescription.

Whether you're on driving duty, pregnant or simply trying to stick to your weekly unit intake, finding an alternative to alcohol that isn't packed with sugar can be tricky. Bottlegreen's Elderflower and also Elderflower & Raspberry Light Infusions (£2.49 each, waitrose.com) make a great alternative, containing 30% less sugar than regular elderflower-based drinks. The sparkling soft drinks are free from artificial sweeteners, colours, flavours and preservatives, lower in calories yet perfectly refreshing.

BY AMY PACKER

I felt like I was losing my mind after panic attack

BY AMY PACKER

PANIC attacks can take many forms, leaving sufferers dizzy, nauseous - even feeling like they are choking or having a heart attack.

And for Your Home Made Perfect presenter Angela Scanlon, one hit her so frightened she tried to jump from a moving car.

"At the time I thought I was losing my mind," she says.

It was 2014 and Angela, who was on holiday in France, imagined the roof of the vehicle she was travelling in was lowering, the car becoming very small and she couldn't breathe.

"For me, it's a really very visceral feeling in my stomach, there's pressure on my chest, a breathlessness - it's quite physical," she says. Some might think being on holiday is when you'd least expect to suffer from anxiety, but for Angela it was taking a break that caused her issues.

"I think it was down to suddenly stopping and my discomfort with that," explains the 35-year-old former One Show host from County Meath, Ireland, who now lives in London.

"Holidays have this weird triggering thing for me because you're checking out. As someone who has been freelance for years, I'm used to saying yes and being available last minute. If you aren't there, the opportunity passes you by and you might never get it back. So checking out brings up those feelings of fear for me."

"Now I have to almost start easing into a holiday, otherwise I will spend most of the time either trying to jump out of a moving car or slightly freaking out and then only relaxing two days before I am due to go home."

With hindsight, Angela believes the empty days exacerbate her anxiety.

"It's definitely partly to do with having too much time to think on holiday and I think a lot of people will identify that," she says. "We watch TV while reading a magazine or scrolling through Instagram and we do 10 things at the one time - a lot of that is just trying to escape from our heads. We aren't really in touch with what we are feeling."

"We try to ignore it and when suddenly you're faced with a whole day stretched out and time on your hands, there's nowhere to hide from yourself."

She says that now she has year-old daughter Ruby with husband Roy Horgan, "holidays are a slightly different gig, but there's still an element of that for sure". Although Angela has only had a couple of panic attacks over the years, she has suffered anxiety since childhood. "I have memories of being anxious as a kid - waiting by my grandmother's gate all day at six or seven. My parents would be coming to collect me but

It's definitely partly to do with having too much time to think on holiday and I think a lot of people will identify with that



ME & MY BODY: ANGELA SCANLON

PANIC ATTACKS: THE FACTS

A panic attack is a feeling of sudden and intense anxiety. Although not dangerous, they can be very frightening.

Research suggests as many as 13% of the population will experience a panic attack at least once.

Panic attacks can have physical symptoms, including shaking, disorientation, nausea, rapid or irregular heartbeats, dry mouth, breathlessness, sweating and dizziness. It may be a one-time

occurrence, though many will experience repeat episodes.

Most panic attacks last somewhere from five minutes to half an hour. Seek medical advice if your panic attack continues after doing 20 minutes of slow breathing, or if you still feel unwell after your breathing returns to normal, you have a rapid or irregular heartbeat or chest pains.

■ For help or advice visit your GP or go to nopenic.org.uk

wouldn't have said what time so I'd spend hours worrying something had happened to them. I didn't identify it as anxiety then. It wasn't until years later when I had similar feelings I recognised that lurching stomach sensation.

"We talk about anxiety with more ease now as there's a language around

it which allows us to describe how we feel. Unfortunately, I don't think that existed until relatively recently."

Rather than visit a doctor after the incident in 2014, Angela decided to research the issue herself. "I read a lot about it and figured out what worked for me. Anxiety, in essence, is freaking

out about something that hasn't happened yet and probably will never happen," she adds. "So I'm trying to learn to actually be in the now."

"A lot of the time I think my anxiety comes from stress left unchecked. My way of dealing with that used to be to busy myself with work. Or I would feel lonely as I was working hard so I wasn't seeing friends, so I'd organise catch-ups when what I really needed was to sit down and not add to the pressure."

Paradoxically, while it was taking time off that triggered her first attack, ensuring she has enough downtime became the cure for Angela's anxiety.

"I've had to become a bit more disciplined about making sure there is at least half a day a week that allows me to switch off," she says. "I use basic meditation and make sure I give myself headspace when I'm in a taxi or on the Tube. I just need a few minutes to pause."

The BBC Radio 2 host also began spending more time in the tub. "I have baths quite regularly and there's defl-



TV HOST On Your Home Made Perfect

nately a hint of a witch in me as I like lots of candles, crystals and burning sage bundles - that kind of stuff gets me in the zone if I need a recharge."

More recently, she has used other methods to keep anxious thoughts at bay. "I'm getting back into running as exercise is great for sorting your head out," she says. "I also keep a gratitude journal. It sounds a bit hippyish but I think it makes a big difference in changing your perspective."

"I'm always focusing on the next thing, so I will write down five or 10 things like having a Sunday roast with pals or taking a walk in the park, or something bigger like a new job."

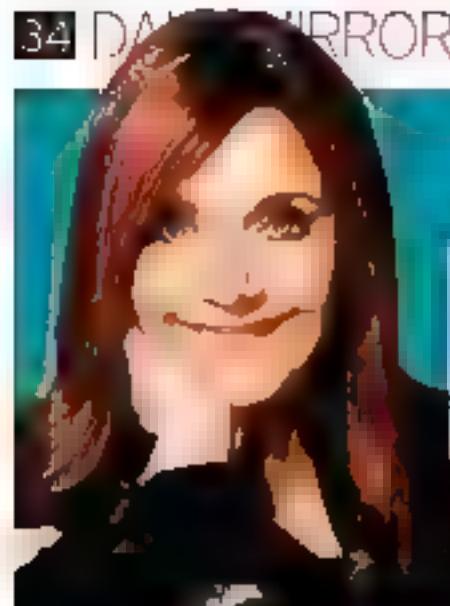
"It's a way of marking those moments and recognising what you have to bring your head back to now."

Scrapping her morning cuppa has also helped. "I've tried to abstain from coffee as caffeine affects my heart rate and anxiety levels," says Angela.

"I don't think it's very helpful. I've replaced it with mushroom powders which are brilliant for cognitive function and wellbeing."

"They give the clarity you get from coffee but without the crash and burn - and they taste good too, honestly."

■ Your Home Made Perfect, BBC2, Tuesdays, 8pm. Follow Angela on Twitter @angelascanlon and Instagram @AngelaScanlon



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HEALTH NEWS



Safety of the MMR vaccine

Yet another study has confirmed that there is no increased risk of autism in children vaccinated with MMR.

The investigators used Danish population registries to link information on vaccination, diagnosis of autism, sibling history of autism, and risk factors for autism in children born in 1999 to 2010.

During more than five million person-years of follow-up, 6,517 children were diagnosed with autism, but the risk was no higher in MMR-vaccinated children than it was in unvaccinated children.

The injection was also not found to be linked to an increased risk for children who had autism in the family. This is one of the largest studies published and, apart from adding statistical power, it refutes ideas about susceptible subgroups and clustering of cases.

Whether it will change anyone's mind is another matter. If only...

Heart conditions rise as we're living longer

Do you remember when Tony Blair, the then Prime Minister, was diagnosed with atrial fibrillation (AF)?

I remember AF being described as a not very worrying heart condition where the upper left chamber, instead of beating regularly, has runs of irregular beats when it can't pump blood around the body.

Perhaps for reasons of PR, Tony Blair's AF was passed off as quite trivial and easily treated. Well, for some it may be, but for others not so.

I suffer from AF which crept up on me over 10 years and now needs to be controlled with the standard therapy of beta blockers plus a blood thinner.

I had a check-up with a cardiologist recently (my heart's healthy and so are my coronary arteries) and asked how AF arises. It's a condition that's increasingly common as we get older and with our ever increasing ageing population, it's almost an epidemic and can only get worse.

To understand AF, think of a wave of



contraction spreading down the heart's upper chamber like ripples spreading out on a pool. So far so good. Now imagine there are some rocks in the pool and when the ripples hit a rock, eddies form (a water movement) and each one sets off new ripples.

It's the same in heart muscle. You get disorderly little rapid contractions that aren't strong enough to pump blood. Hence the symptoms of chest pain, shortness of breath, dizziness and faintness. Blood clots can also form in the heart.

What causes the rocks? Basically getting older. Just as we see wrinkles in the skin, there are "wrinkles" in all our major organs, including our heart muscle.

AF increases the risk of heart attack, heart failure and death. It's also associated with cognitive decline and

dementia. That's a pretty dire outlook but all these risks could be mitigated by using blood thinners.

AF is detected in around a third of all patients who have had a stroke. And it's on the increase. The number of sufferers in the UK is predicted to rise from 700,000 in 2010 to between 1.3 and 1.8 million by 2060.

So should we be looking out for AF now? Screening has the potential to prevent AF-related strokes with blood-thinning anti-coagulants.

AF screening is controversial but in a study of 5,555 patients with incidentally discovered AF, anti-coagulation therapy significantly reduced the risk of stroke in less than two years. So screening could help.

Critics of screening programmes cite inappropriate treatments and unnecessary investigations.

But an effective one would pick up cases of AF that carry significant risk and ensure that the patients are prescribed the appropriate anti-coagulation treatment.

Why are my nails blue?

Symptoms:

You're a smoker, short of breath and have to stop every few yards to get your breath back, you sometimes wheeze and your nails are blue and club shaped.

Your hands and fingers turn white then blue then red when cold.

You recently had a dose of flu with a cough and lots of yellow sputum. You've become short of breath and have pain in your chest when you breathe deeply. Your nails are bluish and so are your lips.

It could be:

Emphysema, where the small air sacs in the lungs have been damaged so that the amount of oxygen reaching the blood stream is reduced.

Raynaud's phenomenon when the blood vessels in your hands and feet contract as the result of exposure to cold.

Pneumonia, and the blue colour of your nails and lips is called cyanosis which means that the lung infection is preventing sufficient oxygen reaching your tissues.

Stop it:

Unfortunately there's no cure for emphysema. Treatment aims to slow the progress of the disease with medication like bronchodilators, steroids and antibiotics. Stop smoking. Eventually you may need oxygen therapy.

Wear several layers of clothing and a hat, thick socks and gloves whenever you go out in the cold. Run your hands and feet under lukewarm water and massage your extremities. See your doctor to make sure you've no underlying medical condition. Stop smoking and take regular exercise every day to promote circulation.

Call your doctor who will examine you and prescribe antibiotics. If the pneumonia is serious, you may have to go to hospital where you'll have scans to find out the extent of the problem.

DID YOU KNOW? Plastic found in deepest sea creatures

Plastic has been found in sea creatures that live in some of the deepest places on earth - proof of the disturbing spread of plastic pollution around our planet.

Newcastle University scientists collected amphipods (tiny scavenging crustaceans) from six trenches at the bottom of the Pacific Ocean. Plastic fibres and fragments were found in over two-thirds of the creatures, and in the deepest trench

of all, the 10,995 metre-deep Mariana Trench - every specimen had at least one plastic microparticle in its gut. And it's not the first time plastic waste has been found in ocean trenches. This alarming discovery comes just as new research has found toxic, plastic micro-particles in the flesh of fish we eat - and that these poisons could be released into our bodies as we digest them.

Another reason to... drink more green tea

According to a recent study in mice, drinking green tea might lower the risk of obesity. It appears the benefits are due to the way green tea influences gut bacteria.

Researchers from Ohio State University, US, studied male mice for eight weeks, mixing green tea extract into half of each group's food. One group were fed a standard diet, and the other a high-fat diet that caused obesity. The mice that ate a high-fat diet mixed with the green tea compound gained 20% less weight than the mice that ate the high-fat diet



without the supplement. Also, they had less insulin resistance.

The benefits were also present in mice that consumed a normal diet with a green tea supplement, but they were not as pronounced.

BUST THAT MYTH

Men don't get breast cancer

You may not think it, but men have mammary glands too and some are fairly well-developed due to what's called gynecomastia.

So men do have some breast tissue and cancer can occur. Each year, around 350 men in the UK get breast cancer.

Unlike men, women experience hormonal and physiological changes to their breast tissue during the course of their lives.

Known symptoms for men are a lump or swelling, which is often - but not always - painless, skin dimpling or puckering, nipple retraction (turning inward), redness or scaling of the nipple or breast skin, discharge from the nipple.

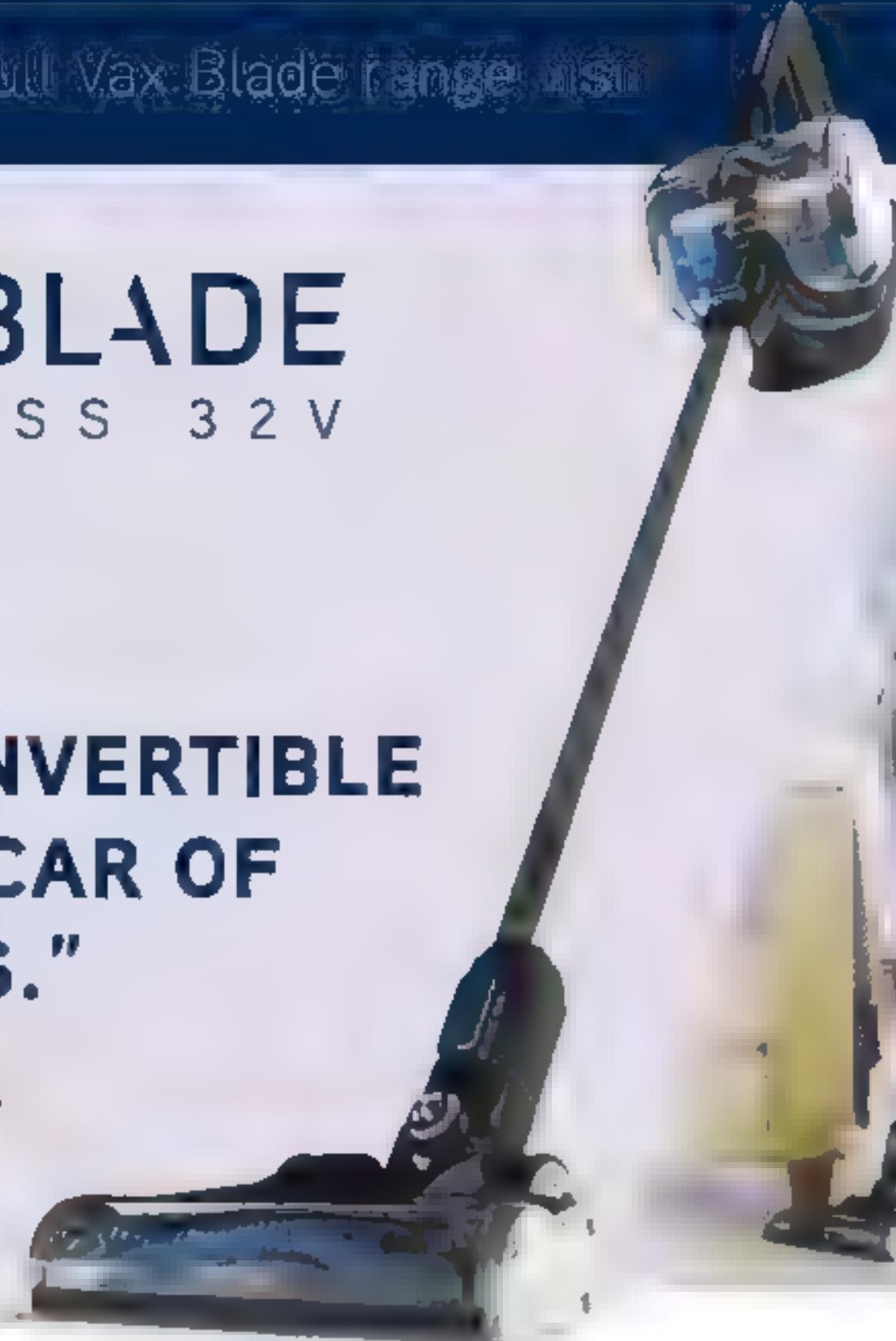
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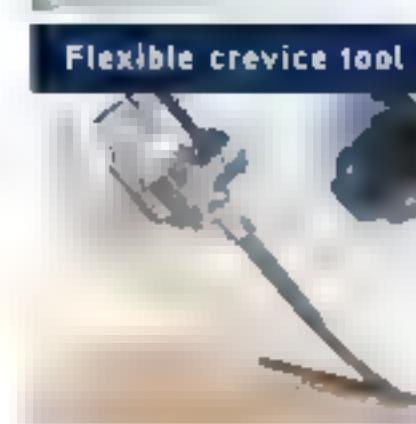
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Converts to a handheld

Our innovative detachable handheld is perfect for stairs, pet hair removal, cars and upholstery. The cleaning wand is ideal to elevate into those hard to reach areas, whether up high, down low, or in-between. The product comes with a crevice tool to get into those hard to reach places and a soft dusting brush, ideal for furniture and hard surfaces.

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Copper is a mineral found throughout your body that makes it function properly. The medical profession has known for some years that it has anti-inflammatory benefits, although still largely unexplained. It was these studies that led us to develop our new **Copper Compression Knee Support**.

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This amazing new knee support is ultra-thin and yet super-supportive. It has a stretch fit making it easy to slip on and so comfortable that it can be worn all day long. It can also be worn for sports or even while you sleep! Its close-knit fit makes it suitable for wearing under any clothing. Simply slip it on and let it do its job, you'll forget you are wearing it.

MONEY BACK GUARANTEE

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YOUR VOICE

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Well done to Patrick Tracey from Carlisle for this funny caption to our picture of England boss Gareth Southgate receiving an OBE from Prince Charles at Buckingham Palace.

Could you nip round to No 10 and advise them how to manage a winning team?

Next week's photo shows golf champion Tiger Woods donning the famous green jacket after his emotional victory in the Masters. Email or send your funny captions to the address below.



Last Week's winner



THE BIG QUESTION

Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at mirror.co.uk

Former Tory leader Iain Duncan Smith has called on Theresa May to stand down next month, while Labour is surging ahead in the polls.

Do you think Labour could win an election?

**YES
75%**

**NO
25%**

Yes. Let's hope so and not a minute too soon, though they'll have a job sorting out the mess the Tories have caused.
JCPM

No. People are going to be disappointed when it becomes obvious that the majority won't have Corbyn as PM.
MATT SMITH

Yes. Sounds good, but we'll have to wait until such time that Theresa May is ready to go.
MARY THORPE

Yes. The end of the rotten Conservative Government can't come soon enough!
CHRISTOPHER BARRETT

No. A Corbyn government would be a disaster for the UK.
CENTREGROUND

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Baby 'web snaps' rock the cradle

■ IT'S very selfish of Meghan and Harry not to show their new baby to the public in the traditional way (Mirror, April 12) - especially considering that the public purse financed the security costs for their wedding and the refurbishment of the cottage they're about to move into.

People usually assemble outside the hospital for hours to get a glimpse of a new royal baby.

Surely, during this time of austerity and all the uncertainty about Brexit, it would be great to give the public something to look forward to?

People are saying Harry has changed since he married Meghan - and it's not a change most are happy about. He used to be a favourite with the people as he was so down to earth, but that's no longer the case.
S Slater, Llandudno, Conwy

■ Harry and Meghan shunning royal protocol and deciding they won't be coming down those famous Lindo Wing steps at St Mary's Hospital isn't surprising. From the start Meghan has never been the type to conform and is very clear about what she wants. They are a thoroughly modern royal couple.

We all thought William and Kate were modern, but Harry and Meghan have stepped it up a few notches.

This is the Royals today, so let's enjoy. A new royal arrival is still going to be exciting - just a change from the norm. I shall look forward to the Instagram photos.
**M Gosney
Billingham, Teesside**

THE BIG ISSUE

The Duke and Duchess of Sussex are expected to post the first pictures of their new baby on Instagram instead of going for the traditional royal photo shoot on the steps of St Mary's Hospital. You say...



■ I wholeheartedly agree with your Royal Editor Russell Myers about Harry and Meghan breaking with royal protocol. They have to remember they are members of the Royal Family and are financially supported by the public.

For instance, the £3million refit for Frogmore Cottage was paid for by taxpayers' hard-earned cash.

I'm sorry but Harry and Meghan can't have it all ways and need to remember their duty to the public.
Sandra Lewis, Swindon, Wilts

■ While I would have loved to see Harry and Meghan emerge from hospital with their new baby, I



OUTSTANDING
Harkness and
Macdonald

understand the Royal couple wanting to keep the moment for themselves. I have to say I like Megan's style - the couple's own Instagram page allowing them to take control of reporting what's happening in their lives is a very good move.

And I'm sure when they release a new family photo with their new child it will be absolutely beautiful.
Diane Shiva, Bournemouth, Dorset

■ I don't blame Harry and Meghan for wanting to keep news of their baby private until they are ready to tell the world. Meghan has had a difficult time over the past year with the very public battles with her father and half-siblings. She and Harry deserve to enjoy this special family time.

■ Knowles, Leeds

■ Once again a Royal editor is telling us to rejoice at another drain on the public purse. Harry and Meghan's child will have little chance of being on the throne. The untold millions it will cost could be better spent.
J Potts, Rotherham, South Yorks

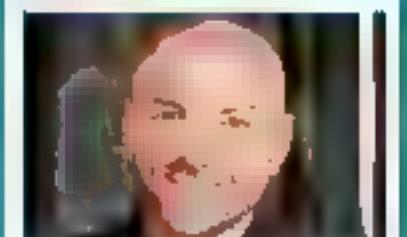
■ I think Meghan should please herself when to show her baby. It's different for Kate, our future Queen. Harry is a minor prince and Meghan a commoner, but Kate owes it to us to share her children.
Elizabeth Owen, Skegness, Lincs

Let's all turn left

■ Finland voted for a change of direction with the leftist Social Democrats winning a razor-thin victory in Sunday's general election, holding off the far-right Finns Party which surged on an anti-immigration agenda, akin to UKIP. The people of Britain should take a leaf out of Finland's book and do the same and change direction from right to left.
K R Morison, Draycott Derbyshire

■ Further to the letter in response to your A Brush With Fame article (April 15), in 1976 I was working for Dyno-Rod and had to go to John Surtees' garage in Chislehurst. While clearing a blocked urinal, the man himself used the one next to me. He just said hello and carried on!
Graham Robertson, Gillingham, Kent

Tweet of the day



TV chef Simon Rimmer remembers the Hillsborough victims 30 years on...
@simonrim - 30 years ago I went to a football match. I came home, 96 fans did not. There is never a day that I don't think about 96 lost lives #YNWA #JFT96 #LFC

■ Reading about the scandal of MPs' making thousands on their second homes, is it not time to stop referring to them as Right Honourable, because many are certainly not that?
Arthur Poole, Macclesfield, Cheshire

■ Regarding Faiza Shaheen's article on climate change (April 12), Ben Elton's novel, Stark, written way back in 1989, also deals with this topic.
J Butler, Teesside

Emotional drama had me gripped

Congratulations to all involved with BBC1's latest drama, The Victim. The final episode was one of the most gripping, emotional TV dramas I have ever seen.

Newcomer James Harkness and his better known co-star Kelly Macdonald both gave memorable performances and I'm sure we will see a lot more of James in the years to come.

Outstanding!
Marion Morley, Cumbria

Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?

1. Spain
2. Computer programming
3. Turkey
4. Alaska
5. Screwdriver

**EMMERDALE**

ITV, 7pm

After yesterday's misunderstanding with Bob, Harriet is desperate to track down Dawn and reassure her.

But after healing their differences, the vicar is shocked to receive another threatening text. Later she's in the village when she suddenly hears the church bells start ringing and goes to investigate - but then the door closes behind her and she's terrified - realising she's locked in.

Elsewhere, Aaron's excited to tell Robert and Liv that surrogate Natalie is coming that evening.

**EASTENDERS**

BBC1, 7.30pm

Mel really does think Jack's as stupid as he looks, doesn't she? She's lobbed a brick through her own window to get him to take pity on her; now she's trying to charm him with breakfast and a batting of her eyelashes.

But it looks like he might finally be wise to Mel's schemes, realising she just wants him to let her keep the house. So instead she tries her luck with Phil, demanding her cut of the money laundering.

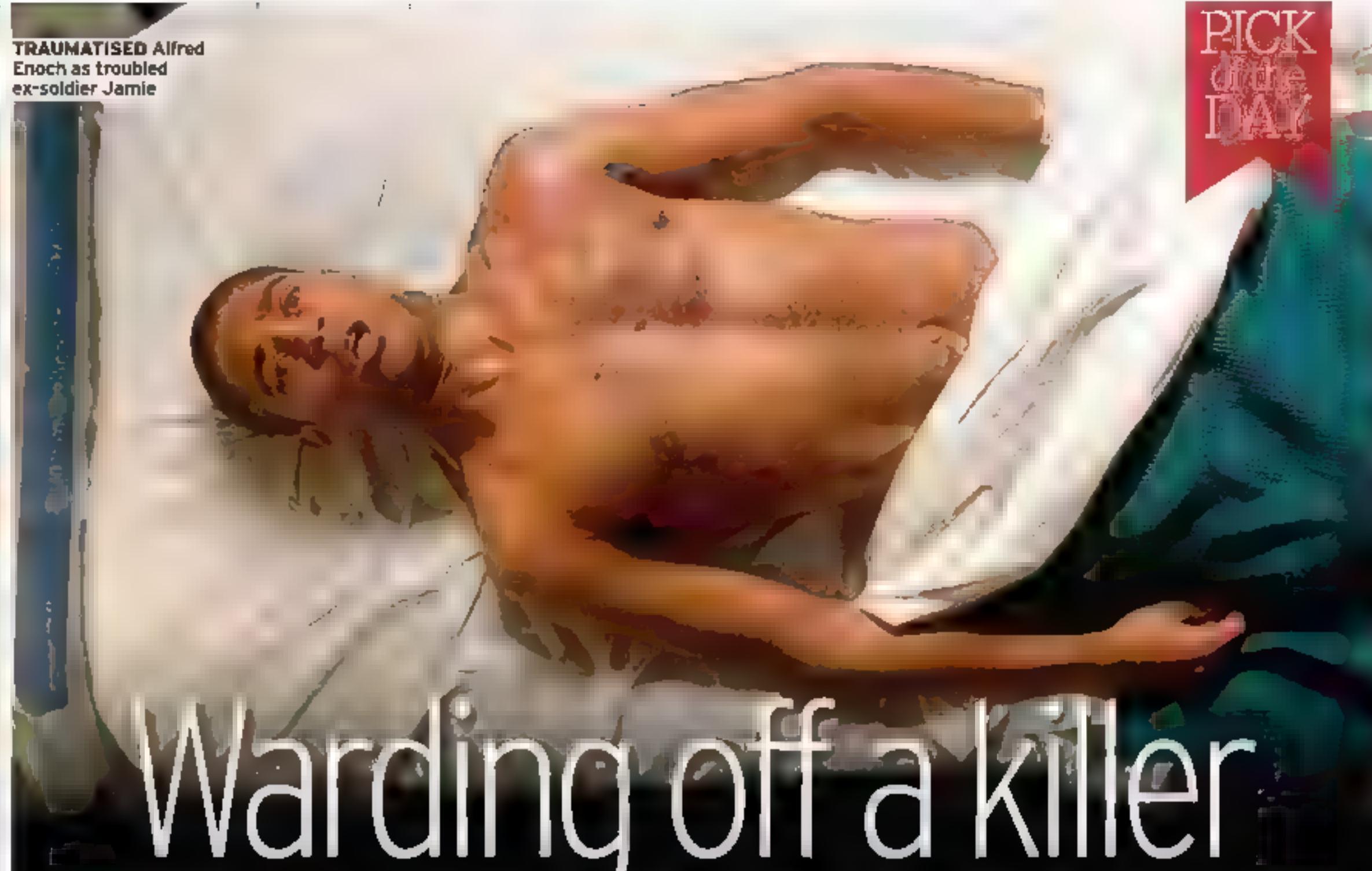
IN THE DAILY MIRROR SATURDAY

LOVE-TV

Find out what's new, the shows people are talking about and all the best on TV

Dance with DISASTER

More TV and film news online at mirror.co.uk/tv



PICK
ONE
DAY

Warding off a killer

TRUST ME

BBC1, 9pm

WE'RE being pretty spoilt with psychological thrillers at the moment, and here's another one to add to the viewing list.

Technically, it's a second series, but it's a completely different premise, cast and story from the first, which starred Jodie Whittaker faking her identity as a doctor.

We're back in another medical scenario - unsurprising, as writer Dan Sefton is a former doctor - but here the new location is a

spinal injury unit in Glasgow. Corporal Jamie McCain (Alfred Enoch) has been admitted, following an incident on tour in Syria which left him paralysed.

He's also dealing with some pretty severe PTSD, as we see in flashbacks to his time on duty where he lost colleagues, which he may or may not feel responsible for.

So he could be forgiven for not wanting to entertain the deluded ramblings of fellow patient Danny, who warns him people are dying

on the ward at an alarming rate, and that he has evidence to show there's a killer at large. But when

Jamie starts to see the body count mounting for himself, he realises conspiracy theorist Danny might be on to something.

It's cleverly filmed, showing just how disoriented and powerless the once fit and active Jamie must feel. And the supporting cast - including John Hannah, Ashley Jensen, Richard Rankin and Katie Clarkson-Hill - all look like they could be bad guys with sinister secrets.

Mind you, so does Jamie himself. So who exactly should we trust? It's going to be fascinating to watch it play out.



SINISTER?
Katie Clarkson-Hill and John Hannah

**THE GREAT BRITISH SCHOOL SWAP**

Channel 4, 9pm

The idea of segregated schools, and kids being bussed in from one town to another to aid integration, sounds like something from 1950s America.

But this is 2019 and we're in the Midlands, where pupils from two schools are taking part in a pretty radical experiment. Twelve teens from the almost exclusively white town of Tamworth are travelling to central Birmingham to attend Saltley Academy, where the

students are predominately Asian and Muslim.

Confronting each other's prejudices and assumptions, they'll spend two weeks working alongside and getting to know each other, examining subjects like racist language, British identity and cultural stereotypes.

For some of them, it's the first time they've ever been exposed to the other community. And it's not going to be easy - especially for transgender pupil Lucas who's paired with outspoken devout Muslim Kiran. Can the kids find a way to get along in harmony?

YOUR HOME MADE PERFECT

BBC2, 8pm

It's a brilliant and simple idea behind this new design show, which comes to life thanks to some cutting-edge technology.

For all those people who want to transform their homes - by changing layouts, knocking down walls, building extensions etc - they get the chance to see what it could look like, and even walk around inside their transformed properties, without ever even picking



PROJECT Angela Scanlon hosts

Today's
TV
programmes
are on
page 30

film
ratings

★★★★★
Brilliant

★★★★
WOW!

★★★
Great

★★
Good

★
OK

□
dreadful

BBC1
AM 6.00 Breakfast Morning headlines
9.15 Animal Park Easter Special With Kate Humble (R)
10.00 Homes Under the Hammer
11.00 The Sheriffs Are Coming (R)
11.45 Close Calls: On Camera
PM 12.15 Bargain Hunt Items at the Quayside Antiques centre In Topsham near Exeter (R)
1.00 BBC News
1.30 Regional News; Weather
1.45 Doctors Becky is angry with the cleaning company
2.15 Curiosity Paul Martin hosts the collectibles challenge
3.00 Escape to the Country Alastair Appleton is in Dorset
3.45 Home Is Where the Art Is Nick Knowles sets challenges for three more artists
4.30 The Repair Shop Items include a barber's chair
5.15 Pointless Quiz show
6.00 BBC News
6.30 Regional News; Weather
6.55 Party Election Broadcast by the Liberal Democrats

BBC2
AM 6.30 The Repair Shop (R)
7.15 Home Where the Art Is (R)
8.00 Celebrity Painting Challenge Artistic challenges (R)
9.00 BBC News; Weather
10.00 Victoria Derbyshire
11.00 BBC Newsroom Live
PM 12.15 Politics Live
1.00 The Super League Show
1.45 Back in Time for Dinner (R)
2.45 Jaguars: Brazil's Super Cats Wildlife documentary (R)
3.45 The Hairy Builder Double bill: Dave Myers pays a visit to Stockport; the presenter is at the Victorian beach resort of New Brighton (R)
4.45 Eggheads Jeremy Vine hosts a general knowledge quiz (R)
5.15 Flog It! Paul Martin presents from Wallasey Town Hall on the Wirral Peninsula (R)
6.00 Richard Osman's House of Games Beattie Edmondson and Amol Rajan feature (R)
6.30 Island Medics A look behind the scenes at Gilbert Bain, the UK's remote hospital (R)

ITV
AM 6.00 Good Morning Britain The latest news and weather
8.30 Lorraine Host Lorraine Kelly presents the morning show
9.25 The Jeremy Kyle Show Talk show dealing with a range of family confrontations (R)
10.30 This Morning Phillip Schofield and Holly Willoughby host the morning magazine show
PM 12.30 Loose Women The panel discusses more topical issues
1.30 ITV Lunchtime News
1.55 Local News
2.00 Judge Rinder Criminal barrister Robert Rinder rules on real-life cases
3.00 Tenable List-based quiz, hosted by Warwick Davis (R)
4.00 Tipping Point Ben Shephard hosts the coin-drop quiz
5.00 The Chase Fast-paced quiz, presented by Bradley Walsh
6.00 Local News
6.25 Party Election Broadcast by the Liberal Democrats
6.30 ITV Evening News

CHANNEL 4
AM 6.25 Cheers Three episodes (R)
7.45 Frasier Three episodes (R)
9.10 Everybody Loves Raymond Double bill of the sitcom (R)
10.10 Ramsay's Kitchen Nightmares USA In Los Angeles (R)
11.05 Car SOS Reality series (R)
PM 12.00 Channel 4 News
12.05 Come Dine with Me (R)
1.05 Escape to the Chateau DIY Clive and Tanith's fountain has stopped working (R)
2.10 Countdown Paul Zenon is in Dictionary Corner
3.00 A Place in the Sun Properties on the island of Madeira (R)
4.00 A New Life in the Sun A couple welcome guests to their treehouse B&B
5.00 Four in a Bed The B&Bers visit the Helix Hotel in Grangemouth, Stirlingshire
5.30 Extreme Cake Makers Featuring a butterfly cake
6.00 The Simpsons Homer's mother visits the family (R)
6.30 Hollyoaks Darren is worried that the baby may not be his

CHANNEL 5
AM 6.00 Milkshake! Children's TV
9.15 Jeremy Vine Topical debate
11.15 Traffic Cops Reality series (R)
PM 12.10 5 News Lunchtime
12.15 Can't Pay? We'll Take It Away! Reality series (R)
1.10 Access Showbiz updates (R)
1.15 Home and Away See 6.00pm for details
1.45 Neighbours See 5.30pm for details
2.15 FILM Jesse Stone: Benefit of the Doubt (2012/12) Action, starring Tom Selleck. The police chief is forced into action when a murder rocks a small town ★★★★
4.00 Friends Double bill: Monica tries to prove her mother wrong; Chandler tries to cancel his gym membership, but needs Ross's help (R)
5.00 5 News at 5
5.30 Neighbours Paul tries to mend his rift with Leo (R)
6.00 Home and Away Dean posts a letter to McCarthy (R)
6.30 5 News Tonight

Special Easter issue on sale now



7	7.00 The One Show Matt Baker and Alex Jones introduce a selection of topical features from across the country	7.00 Antiques Road Trip Collectibles and valuables experts embark on a journey around a region of the UK in search of items that could potentially make them the most profit at auction and see them declared the winner (R)	7.00 Emmerdale Robert and Aaron are offered hope. Meanwhile, Victoria and Moira are forced together	7.00 Channel 4 News The latest main headlines, in-depth interviews and analysis of topical political developments and current affairs. Plus, a look at the day's leading sports events as well as up-to-the-minute weather reports	7.00 Secrets of the National Trust with Alan Titchmarsh The host visits Southwell Workhouse, where he experiences some of the harsh Dickensian conditions that the inmates endured (R)
8	7.30 EastEnders Martin and Sonia hatch a plan to help Bex, Kathy's surprised by Lola's news, and Mel's plan backfires	8.00 New Your Home Made Perfect Angela Scanlon presents as two architects compete using virtual reality to present their vision of remodelling a home in Scotland, before the couple choose which one to build	7.30 Save Money, Lose Weight Sian Williams compares off-the-shelf foods with their low calorie equivalents	8.00 Emmerdale Faith's attempt to help goes awry. Matty confides in Victoria, and an incident leaves Harriet afraid	7.55 5 News
9	8.00 Holby City A startling incident forces Zosia to reconsider her future, while Cameron feels the pressure when tasked with treating Xavier's close relative, and an indifferent Dom attempts to keep Carole at arm's length	8.00 Surgeons: At the Edge of Life A facial surgeon ventures into uncharted territory to operate on a patient's rare disease. Plus, consultant neurosurgeon Alex Paluzzi takes on one of the toughest cases of his career too	8.30 Hard to Please OAPs Harry Redknapp shops with contactless jewellery, and June Brown befriends a robot	8.00 Food Unwrapped Jimmy Doherty attempts to go vegan for a week in the USA, while Matt Tebbutt sets out to discover why some vegan products are more expensive, and Dr Helen Lawal asks if we should raise children as vegan	8.00 The Yorkshire Vet In this special edition, Julian Norton visits the young people who are passionate about farming, including 24-year-old Ben, who has spent his whole life working on his father's land and now wants to go it alone
10	9.00 New Trust Me Drama set in a Glasgow hospital, with Alfred Enoch, Jamie McAlpine arrives on the spinal unit and refuses to talk about his injury. However, he is drawn into a mystery when patients on the ward start dying suspiciously	10.00 Don't Forget the Driver Peter takes a church group on a trip to a donkey sanctuary, and Kayla endures her first day at the Snack Shack	9.00 The Widow Martin and Ariel take extreme measures as they seek to determine the identity of the Army general linked to the plane crash. Meanwhile, Georgia puts herself in danger in a bid to become closer with Pieter	9.00 New The Great British School Swap Three-parter in which a white school and a mainly Asian school swap pupils. Here, students from the predominantly white town of Tamworth arrive in Saltley in Central Birmingham	9.00 New Ben Fogle: New Lives in the Wild Four-parter in which the host meets people who moved to remote and far-off locations. Featuring Scott and Casey, who run a kite-surf school in the Atacama Desert in Peru
11	10.00 BBC News	10.30 Newsnight In-depth investigation and analysis of national and international stories, with Emily Maitlis	10.00 ITV News at Ten	10.00 New First Dates Energetic owl sanctuary volunteer Krystal meets animal lover James, while beautician and recruitment assistant Georgia spends time with former Arsenal goalkeeper and Cara Delevingne lookalike Georgia	10.00 The Murderer Next Door Residents of a small village are in shock when a body is found in the woods after an elderly couple go missing. A man is eventually charged with murder, but one of the couple is still missing
12	10.25 Regional News; Weather	10.35 Eating with My Ex Former couples discussing their relationships include Saara, who hopes her ex Jack can understand why she can't tell her strict father about them	10.45 The Jonathan Ross Show The presenter is joined by Spice Girl Emma Bunton, BAFTA-nominated actor Samson Kayo, The Grand Tour's host Jeremy Clarkson and comic Sara Pascoe. Plus, Mumford & Sons perform (R)	11.05 New Ramsay's 24 Hours to Hell and Back Gordon Ramsay visits the Trolley Stop Cafe, a classic Cajun-inspired restaurant located in the heart of New Orleans, Louisiana, which the team revamps with streetcar-inspired decor	11.05 Flaunting My Fat for Cash Following women who use their figures to further their career, including a model and the owner of a club for plus-sized women. However, their weight also causes a variety of health issues (R)
midnight	11.05 I'm Coming Out Documentary in which 18-year-old Ross films himself as he comes out as gay to his parents, revealing the struggles many gay people still face (R)	11.15 A House Through Time Tracing the residents from the 1880s-1900s, David Olusoga discovers a family that was torn apart by catastrophe. Plus, the house becomes a refuge for destitute street girls, and hosts a seance (R)	12.00am Pilgrimage: The Road to Rome Les Dennis, Lesley Joseph, Brendan Cole, Stephen K Amos, Katy Brand, Greg Rutherford, Dana and Mehreen Baig live as modern-day pilgrims (R)	12.05am Celebrity SAS: Who Dares Wins Stand Up to Cancer (R) 12.55 Grand Designs: The Street (R) 1.50 The Restoration Man (R) 2.45 Supershoppers (R) 3.15 French Collection (R) 4.10 All Star Driving School (R) 4.35 Kirstie's Handmade Treasures (R) 4.55-5.50am The £100k Drop , Gameshow (R)	12.05am Great British Benefits Hotel , Exploring an establishment used to home people on welfare (R) 1.00 Shopping 3.00 Access 3.10 Wentworth Prison (R) 4.00 The Railways That Built Britain with Chris Tarrant (R) 4.45 House Doctor (R) 5.30 Great Artists (R) 5.35-6.00am Wildlife SOS (R)
	11.35 Getting High for God? Mawaan Rizwan travels to Utah to visit the Oklevueha Native American Church, whose members use the Class A drug peyote to obtain religious enlightenment (R)	11.35 Inside the Factory Documentary (R) 2.15-6.30am This Is BBC Two	1.15 Tenable A team of five university students answer top-10 list questions to win a big cash prize (R)	1.30 Jackpot247 3.00 All Star Family Fortunes (R) 3.45 ITV Nightscreen 5.05-6.00am The Jeremy Kyle Show (R)	

DAVE Freeview 12

6.00am Shopping 7.10 Dara O Briain's Go 8 Bit
8.00 Top Gear 9.00 Red Bull Soapbox 2016
10.00 American Pickers 11.00 World's Most Dangerous Roads 12.00noon Top Gear 125 Top Gear Vietnam Special 3.00 Top Gear: India Special 5.00 Top Gear: Winter Olympics Special 6.00 Red Bull Soapbox Race 2018
7.00 World's Most Dangerous Roads
8.00 Hurricane Man Josh Morgerman is in the wake of Typhoon Cimaron in Japan, as Hurricane Lane explodes onto the scene, barrelling towards Hawaii
9.00 Room 101 Double bill: Katherine Ryan, Geri Horner and Adam Buxton share their personal gripes; Bill Bailey, Una Stubbs and Alice Levine join the show
10.20 Mock the Week Milton Jones, Patrick Kielty and Mark Watson join host Dara O'Brien on the comedy panel show
11.00 Dave Gorman: Modern Life Goodish The presenter interrogates kids' TV characters, and messes with Monopoly
12.00m't Have I Got a Bit More News for You With Chris Kamara 1.00 QI XL 2.15 Have I Got a Bit More News for You 2.55 The Last Man on Earth 4.00-6.00am Teleshopping

W

6.15am Extreme Makeover: Home Edition 8.00 Tipping Point 10.00 The Bill 11.00 Inside the Ambulance 12.00noon Tipping Point 2.00 My Dream Home 4.00 Renovate My Home: Leave It to Bryan 5.00 Tipping Point 6.00 John Torode's Australia: The chef is in Sydney
7.00 Fantasy Homes by the Sea Michelle Ackley helps a couple keen to move to the UK from the Algarve, hoping their £800,000 budget will suffice
8.00 Inside the Ambulance Medics help a woman who is feeling suicidal and a young lad who has banged his head
9.00 The Shift: Women on the Force Senior crime scene investigator Jade is called out to a death in Keighley
10.00 999 Rescue Squad The Yorkshire medics race to the scene when there is a suspected acid attack in Bradford
11.00 Alex Jones - Fertility & Me The host delves into issues affecting so many people, and examines the latest pioneering techniques that can help
12.00m't The World According to Kids 1.00 Judge Faith 1.20 Rent a Cop 1.50 John Bishop: In Conversation with... 3.00-6.15am Shopping

REALLY Freeview 17

6.00am Fantasy Homes by the Sea 7.00 Cruise TV 8.00 Homes Under the Hammer 10.00 Tipping Point 12.00noon Escape to the Country 2.00 Fantasy Homes by the Sea 3.00 Sarah Beeny's Renovate Don't Relocate 4.00 Most Haunted 5.00 Ghost Adventures 6.00 Antiques Road Trip: Antiques contest
7.00 Escape to the Country Host Nick Chapman is in rural Monmouthshire
8.00 Sarah Beeny's Renovate Don't Relocate Featuring Emma and James, who have two young boys and a ground-floor layout that's fracturing family life
9.00 This Farming Life Martin tends to the farm's 500 pregnant ewes and gets the lambing sheds ready with dad Stevie
10.00 Nurses Who Kill Examining the story of Roger Dean, who was caught stealing drugs from an Australian care home
11.00 Cops UK: Bodycam Squad Cameras follow officers as they contend with everything from drug raids to brawls
12.00m't Partners in Crime Documentary 1.00 Crime Stories 2.00 Teleshopping 4.00 My Ghost Story 4.45 My Extreme Weight Loss Journey 5.25-6.00am Give a Dog a Home

DRAMA Freeview 21

6.00am Teleshopping 7.00 Bergerac 8.00 Juliet Bravo 9.00 Pie in the Sky 10.00 Classic Holby City 11.00 The Bill 1.00pm Classic EastEnders 2.20 Bergerac 3.20 Lovejoy 4.20 Pie in the Sky: Drama 5.20 Birds of a Feather: Classic comedy 6.00 Brush Strokes 6.40 Bread 7.20 Last of the Summer Wine Foggy convinces Clegg and Compo that they should start a dog-walking business
8.00 Judge John Deed An MP accused of attempted murder but there is a belief by Colemore the charge has been contrived to silence his investigation into deaths in the arms industry. Elsewhere, Deed and Rachel grow close
10.00 New Tricks Brian reluctantly goes into rehab to treat his alcoholism, but soon finds himself investigating the death of a drug addict at the clinic
11.20 Taggart DCI Taggart, DC Jackie Reid and DS Jardine must exhume an entire graveyard when the prime suspect refuses to reveal where he has buried the parts of his mutilated victims
10.5am The Bill 1.20 Lovejoy 3.10 Birds of a Feather: Comedy 4.00-6.00am Teleshopping

GOLD

6.00am Teleshopping 7.20 The Piglet Files 8.15 Goodnight Sweetheart 9.35 Last of the Summer Wine 11.35 2Point4 Children 12.55pm Hi-de-Hi! 1.35 dinnerladies 2.25 2Point4 Children 3.45 Last of the Summer Wine 5.50 Hi-de-Hi! 6.30 dinnerladies
7.20 Dad's Army Double bill: an enemy aircraft crash-lands in the local reservoir. Captain Mainwaring and Wilson end up holding a ticking bomb in the bank
8.40 Fawlty Towers Double bill: an upfront American guest orders a Waldorf salad, causing chaos. Basil tries to conceal the body of a guest while also worrying about some out-of-date kippers
10.10 Blackadder II Double bill: there is an embarrassing incident involving a turp, an ostrich feather and a puritanical aunt; the evil Prince Ludwig kidnaps both Edmund and Lord Melchett
11.30 Jack Dee Live at the Apollo The comedian welcomes Marcus Brigstocke and Rich Hall to the renowned stage
12.30am Black Books 1.40 Jack Dee Live at the Apollo 2.30 The Piglet Files 2.55 Harry Hill's TV Burp 4.00-6.00am Teleshopping

YESTERDAY Freeview 1

6.00am Raiders of the Lost Past 8.00 Time Team 9.00 Auschwitz 10.00 Murder Maps 11.00 Forbidden History 12.00noon Time Team 2.00 The Life of Mammals 3.00 Attenborough's Natural Curiosities 4.00 Murder Maps: Documentary series 5.00 Wartime Crime 6.00 Auschwitz
7.00 Impossible Engineering A look at the mechanics and history of Kingda Ka, which is the world's tallest rollercoaster
8.00 Abandoned Engineering Projects Include a towering structure with an explosive past, a deserted cityscape and a mysterious top-secret facility
9.00 The Green Green Grass Triple bill: Tyler takes the entrance exam for his new school; Tyler receives a wake-up call from the Driscoll brothers; traditional country remedies are tried for Rocky's predicament. Plus, Boycie and Martene have a heart to heart with Tyler
11.00 Porridge Double bill: the first episode of the sitcom: Fletcher comes up with a novel way to relieve his boredom
12.30am Steptoe and Son 1.00 Raiders of the Lost Past 3.00-6.00am Teleshopping

ITV REGIONAL VARIATIONS

MERIDIAN As ITV except: 1.55-2.00pm ITV News Meridian 6.00-6.25 ITV News Meridian 10.30-10.45pm ITV News Meridian. The latest regional news and sport headlines

CENTRAL As ITV except: 1.55-2.00pm ITV News Central 6.00-6.25 ITV News Central 10.30-10.45pm ITV News Central. Regional news

WALES As ITV except: 1.55-2.00pm ITV News Cymru Wales 6.00-6.25 ITV News Wales 10.30-10.45pm ITV News Cymru Wales. The latest regional news and sport headlines

ALIBI

6.00am Teleshopping 7.20 Murdoch Mysteries 9.05 Rizzoli & Isles 10.00 Sue Thomas: FB Eye 11.00 Unforgettable: Drama 12.00noon Miss Fisher's Murder Mysteries 1.00 Murdoch Mysteries 4.00 Rizzoli & Isles 5.00 Rush 6.00 Motive 7.00 Miss Fisher's Murder Mysteries 8.00 Murdoch Mysteries The sleuth investigates after celebrity chef Randall Gordon is fatally poisoned 9.00 WPC 56 Gina puts her career at risk as she attempts to prove Donald is innocent of wrongdoing 10.00 The Coroner Locals fear that supernatural forces are at work when a treasure hunter is murdered 11.00 New Tricks The team reopens the unsolved case of a poet whose body was found in a scrapyard 12.20am Crossing Lines 1.20 Quantico: Crime drama series 2.30 Murdoch Mysteries 4.00-6.00am Teleshopping

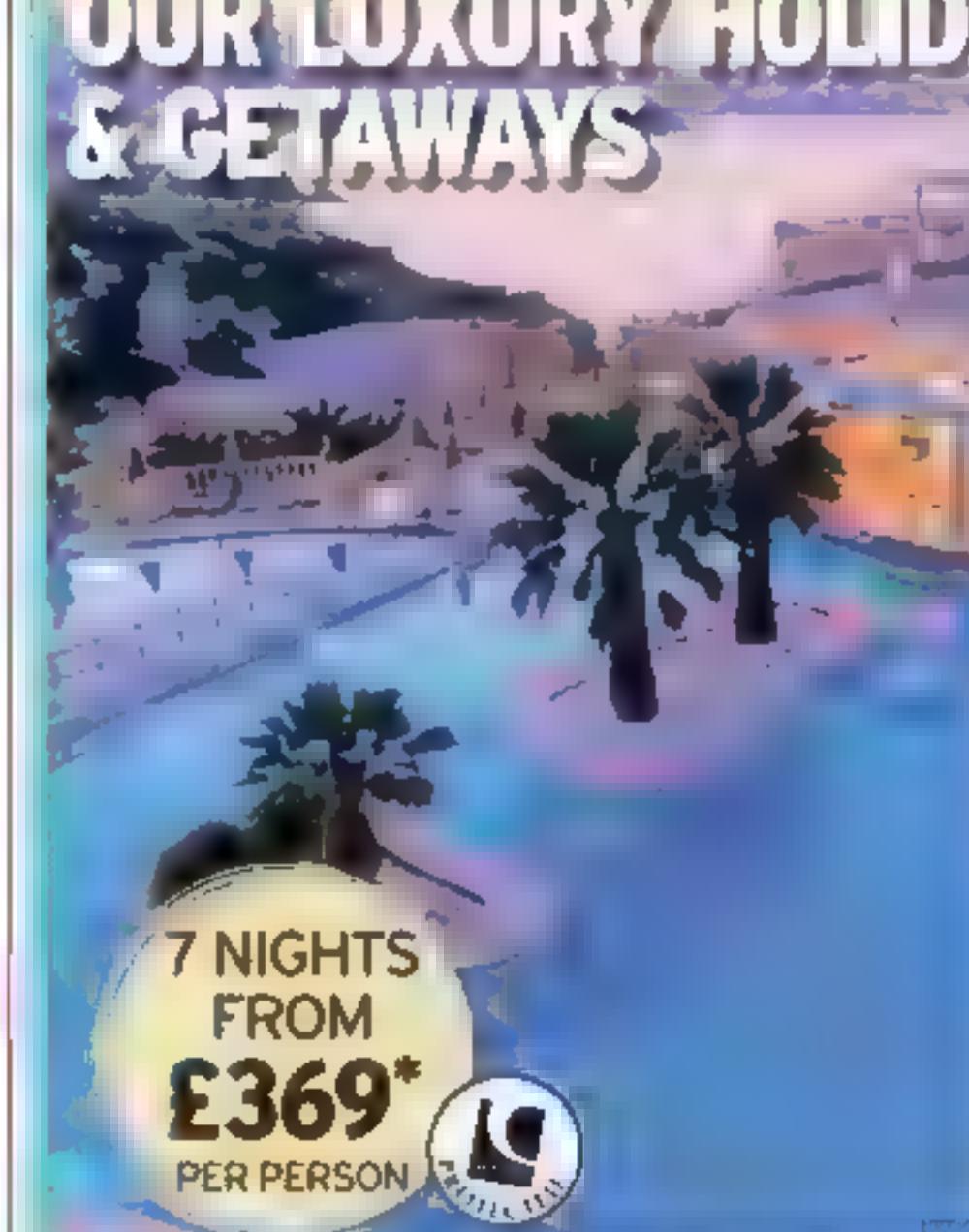
ITV2

6.00am The Planet's Funniest Animals 6.20 Totally Bonkers Guinness World Records 7.10 You've Been Framed! Gold 8.00 Emmerdale 8.25 Coronation Street 9.25 The Ellen DeGeneres Show 10.15 Britain's Got Talent: Top 10 Astonishing Acts 11.15 You've Been Framed! Gold 12.15pm Emmerdale 12.40 Coronation Street 1.40 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show: Talk show 3.50 Take Me Out 7.00 You've Been Framed! Gold Harry Hill narrates a double bill of clips 9.00 Through the Keyhole Stephen Mulhern, Louis Walsh and Rochelle Humes join the comedy gameshow 10.00 Family Guy Animated comedy 11.30 American Dad! Comedy series 12.25am FILM Underworld: Evolution (2006/15) Action, starring Kate Beckinsale and Scott Speedman ★★★★ 2.30-6.00am Teleshopping

BBC WALES/S4C

Wales As BBC1 except: 1.30-1.45pm BBC Wales Today 6.30-7.00 BBC Wales Today 10.25-10.35pm BBC Wales Today
Wales No BBC2 Variations
S4C 6.00am Clwb Cyw 12.00noon Newyddion S4C Ar Tywydd 12.05 Mamwlad 12.30 Tudur Owen Ar Cwmni 1.30 Gardd A Mwy 2.00 Newyddion S4C Ar Tywydd 2.05 Prynhawk Da 3.00 Newyddion S4C Ar Tywydd 3.05 Cymru Wyllt 4.00 Clwb Cyw 6.00 Newyddion S4C Ar Tywydd 6.05 Celwydd Noeth 6.30 Rownd A Rownd 7.00 Heno 7.30 Pobol Y Cwm, Babysitting Huwi John is a harder task than Sloned ever imagined It would be 8.00 Ffit Cymru Lisa Gwynn follows the third week of the five leaders' fitness scheme 9.00 Newyddion 9 Ar Tywydd 9.30 Y Byd Yn Ei Le Gyda Guto Harri. Guto Harri puts the world to rights as he interviews big names in Welsh and UK politics 10.00 Drych Following Maria, Hywel and Gruffydd as they struggle to be independent while still living at home 11.00 Y Ditectif 11.30pm-12.05am Heli Syrjerl

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5★ LUXURY CRETE HOLIDAY

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 Price exclude baggage & transfers - These are available at a supplement please call for further details

7 NIGHTS FROM £369*

7 NIGHTS FROM £249 PER PERSON

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EUROPE'S TALLEST HOTEL

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- 7 nights Gran Bali Hotel
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- Departures available from London airports

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 Price exclude baggage & transfers
 *these are available at a supplement please call for further details

5★ CORFU

STUNNING VIEWS

PRICE INCLUDES

- 7 nights Corfu Holiday Palace
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- ATOL PROTECTED
- Departures available from London airports

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 *these are available at a supplement please call for further details

4★ MADEIRA

BEACH LOCATION

PRICE INCLUDES

- 7 nights Savoy Calheta
- Selected dates May - Mar 2020
- ALL INCLUSIVE
- ATOL PROTECTED
- Departures available from London airports

Selected dates FROM: May £579pp | Jun £619pp | Jul £669pp | Aug £699pp | Sep £699pp | Oct £699pp | Nov £629pp | Dec £599pp
 Price exclude baggage & transfers
 *these are available at a supplement please call for further details

4★ TENERIFE

GREAT LOCATION

PRICE INCLUDES

- 7 nights Spring Vulcano Resort
- Selected dates May - Mar 2020
- HALF BOARD
- ATOL PROTECTED
- Departures available from London airports

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 Price exclude baggage & transfers
 *these are available at a supplement please call for further details

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ABTA No. P6654

Sport

SKY SPORTS MAIN EVENT

6.00am Good Morning Sports Fans. Five editions
10.00 Sky Sports News 11.30 Sportswomen
12.00noon Sky Sports News 5.00 Sky Sports News at Five 6.00 Sky Sports News at Six The latest headlines and updates 7.00 Sky Sports Tonight 10.00 The Debate Live The panel discusses the latest news 11.00 Sky Sports News. Updates 1.00am **LIVE** WWE Late Night Smackdown 3.00 Sporting Records. Featuring Bernard Hopkins 3.30-6.00am **LIVE** NBA: Portland Trail Blazers v Oklahoma City Thunder (Tip-off 3.30am)

SKY SPORTS PREMIER LEAGUE

6.00am Premier League Greatest Games 7.00 Premier League Legends 8.00 Best Premier League Goals 8.30 Premier League Preview 9.30 Premier League Highlights 10.00 Premier League Years 12.00noon Premier League 4.00 Premier League Greatest Games 5.00 Premier League 100 Club 5.30 Premier League Preview 6.30 Premier League Highlights Watford host Arsenal 11.00 Vicarage Road 7.00 Premier League Review 8.00 Premier League Greatest Games 9.00 Premier League Review 10.00 The Debate Live 11.00 Premier League Highlights 11.30 Premier League Greatest Games 12.00 The Debate 1.00 Premier League Years 3.00 Premier League Greatest Games 4.00 Best Premier League Goals 5.30-6.00am At 5.00pm

SKY SPORTS FOOTBALL

6.00am EFL Greatest Games 7.00 Football's Greatest 8.00 As 3.00pm 9.00 Football Years 10.00 As 11.00pm 11.00 One2Eleven 11.30 Football's Greatest 12.00noon EFL Greatest Games 12.30 SPFL Greatest Games 1.00 Football Countdowns 2.00 Football Years 3.00 Championship Football 4.00 One2Eleven 4.30 Football's Greatest 5.00 EFL Greatest Games 5.30 SPFL Greatest Games 6.00 Soccer AM - The Best Bits 6.30 SPFL Greatest Games 6.45 SPFL Round Up Show 7.00 Football's Greatest Two editions 8.00 SPFL Greatest Games 8.30 Soccer AM - The Best Bits 9.00 EFL Greatest Games 11.00 Football's Greatest 12.00pm Football Years 1.00 Football Countdowns 2.00 SPFL Greatest Games 2.30 One2Eleven 3.00 EFL Greatest Games 4.00 EFL Greatest Games Two editions 4.30 Football Countdowns 5.00 Football's Greatest 5.30-6.00am Football Years

SKY SPORTS ARENA

6.00am Sporting Greats 7.00 WWE Smackdown 8.00 Super League Fulltime 8.30 Great Sporting Moments 9.00 Sporting Records 10.00 Super League Fulltime 10.30 Great Sporting Moments 11.00 Super League Greatest Games Clip show 12.00noon Super League Fulltime 12.30 WWE From the Vault 1.00 Great Sporting Moments 1.30 NBA The Starters 2.00 Super League Fulltime 2.30 Sporting Greats 3.00 Sporting Records 3.30 NBA The Starters 4.00 Super League Fulltime 4.30 WWE From the Vault 5.00 WWE Smackdown 7.00 NBA Gametime 7.30 Top 14 Round-Up Show 8.00 NBA Gametime In-depth discussion 8.30 NBA The Starters 9.00 WWE Late Night Raw 12.00pm Great Sporting Moments Four editions 1.00 **LIVE** WWE Late Night Smackdown 3.00 Sporting Records. Featuring Bernard Hopkins 3.30-6.00am **LIVE** NBA: Portland Trail Blazers v Oklahoma City Thunder (Tip-off 3.30am)

BT SPORT 1

6.00am Bundesliga Highlights Show 7.00 Goals Reload 7.30 National League Football 8.00 Premier League Review 9.00 FIH Women's Hockey Pro League 10.00 FIH Men's Hockey Pro League 11.00 FIH Women's Hockey Pro League 12.00noon FIH Men's Hockey Pro League 1.00 MotoGP 2.00 Goals Reload 2.15 As 11.30pm 3.15 **LIVE** Indian Premier League Cricket: Kings XI Punjab v Rajasthan Royals The team goes head to head at Punjab Cricket Association Stadium 7.00 A-League Highlights 8.30 Race of Their Lives 9.30 UFC Unleashed 10.30 UFC: NOW Hosted by Karyn Bryant 11.30 Indian Premier League Cricket 12.30am Bundesliga Highlights Show Action from the German league 1.30 Premier League Tonight 2.00-6.00am The Match Revisited

BT SPORT 2

6.00am AFL Three editions 10.00 A-League 1.00pm Premier League Review 2.00 Premiership Rugby Highlights 4.30 UEFA Champions League Highlights 5.30 Premier League Review 6.30 UEFA Champions League Magazine 7.00 **LIVE** UEFA Champions League: Barcelona v Manchester United (Kick-off 8.00pm) See CHOICE 10.30 No Filter Boxing. Two editions 12.30am UEFA Europa League Magazine 1.00 Fan TV - Call Yourself a Fan 2.30 No Crossover: The Trial of Allen Iverson 4.00 As 12.30am 4.30 A-League Highlights 5.30-6.00am National League Football

EUROSPORT 1

7.30am World Superbikes 9.00 Amstel Gold Race Cycling 10.00 Paris-Roubaix Cycling 11.00 **LIVE** Tour of Turkey Cycling Stage one 1.00pm English Open Snooker 3.00 Formula 1 4.00 Masters Golf 5.00 Northern Ireland Open Snooker The final of the 2018 tournament 7.00 Tour of Turkey Cycling 8.30 Masters Golf 9.30 Amstel Gold Race Cycling 10.30 Tour of Turkey Cycling 11.30 Diamond League Athletics Review 12.30am European Wrestling Championships Action from Bucharest 1.05-7.30am This in Eurosport

CHOICE



Live UEFA Champions League
BT Sport 2, 7pm
All eyes will be on Barcelona star Lionel Messi, left, tonight as the Catalans welcome Manchester Utd to the Nou Camp in the quarter-final second leg.



SEAL Team
Sky One, 9pm
Jason Hayes (David Boreanaz, left) is worried about where he is going to get the money for Emma's college fees, as Bravo prepare for a mission in the Philippines.



Professor Marston and the Wonder Women
Sky Cinema Drama, 6.05pm
The unorthodox relationship between a psychologist and his wife (Rebecca Hall, left) leads to the creation of an iconic character.

Movies

FILM4

11.00am Dragonball Evolution (2009/PG) Action, starring Justin Chatwin, James Marsden 1.00pm Yun-Fat Chow and Emmy Rossum ★★ 12.40pm Eragon (2006/PG) Action, starring Ed Speleers and Jeremy Irons ★★★ 2.50 Megamind (2010/PG) Animation, with the voices of Will Ferrell and Jonah Hill ★★★★ 4.50 Back to the Future Part II (1989/PG) Adventure comedy sequel, starring Michael J Fox and Christopher Lloyd ★★★★ 7.10 Ride Along (2014/12) Comedy, starring Kevin Hart, Ice Cube and Tika Sumpter ★★★ 9.00 The Huntsman: Winter's War (2016/12) Action starring Chris Hemsworth, Charlize Theron, Emily Blunt and Nick Frost ★★★★ 11.15 Gladiator (2000/15) Action, starring Russell Crowe and Joaquin Phoenix ★★★★★ 2.20-4.00am Red Army (2014/15) Documentary, with Yuryevich Fetisov, Scotty Bowman and Mark Deakins ★★★★

SKY CINEMA PREMIERE

6.00am Lu Over the Wall (2017/PG) See 4.00pm for details ★★★★ 8.30 Super Troopers 2 (2018/15) See 6.15pm for details ★★★ 10.20 That Good Night (2017/12) Drama, starring John Hurt and Charles Dance ★★★★ 12.30pm Christopher Robin (2018/PG) See 8.00pm for details ★★★★ 2.30 Blame (2017/15) See 10.00pm ★★★ 4.00 Lu Over the Wall (2017/PG) Animation with Kannon Tani and Shiori Shimoda ★★★★ 6.15 Super Troopers 2 (2018/15) Comedy, starring Jay Chandrasekhar and Kevin Heffernan ★★★★ 8.00 Christopher Robin (2018/PG) Drama with Ewan McGregor and Hayley Atwell ★★★★ 10.00 Blame (2017/15) Drama, starring Quinn Shephard and Tate Donovan ★★★ 11.50 Incident in a Ghostland (2018/18) Horror, with Crystal Reed and Mylene Farmer ★★★ 1.40am Serpent (2017/12) Thriller, starring Tom Ainsley and Sarah Dumont ★★★ 3.25-5.15am That Good Night (2017/12) See 10.20am for details ★★★★

SKY CINEMA DRAMA & ROMANCE

4.05pm Save the Last Dance (2001/12) Musical drama, starring Julia Stiles, Sean Patrick Thomas and Kerry Washington ★★★★ 6.05 Professor Marston and the Wonder Women (2017/15) See CHOICE ★★★★ 8.00 Call Me Your Name (2017/15) Drama, starring Armie Hammer ★★★★★ 10.15 Ray (2004/15) Drama, starring Jamie Foxx and Kerry Washington ★★★★★ 12.50am Shock and Awe (2017/15) Drama, starring Woody Harrelson and James Marsden ★★★★ 2.30 Palm Springs (2017/15) Comedy, starring Sugar Lyn Beard and Tia Carrere ★★★ 4.15-6.20am Steel Magnolias (1989/PG) Family drama, starring Shirley MacLaine ★★★★

SKY CINEMA FAMILY

4.35pm Hop (2011/U) Animation, with the voices of Russell Brand and James Marsden ★★★ 6.15 Hotel Transylvania 3: A Monster Vacation (2018/U) Animation, with Adam Sandler ★★★★ 8.00 Ice Age: Dawn of the Dinosaurs (2009/U) Animation, with Ray Romano ★★★★ 9.45 Woody Woodpecker (2018/U) Family comedy, starring Eric Bauza ★★★★ 11.20 Monster House (2006/PG) Animation, with Steve Buscemi and Maggie Gyllenhaal ★★★★ 1.00am Anastasia (1997/U) Animation, with the voices of Meg Ryan and John Cusack ★★★★ 2.45 Bolt (2008/PG) Animation, with the voices of John Travolta and Miley Cyrus ★★★★ 4.30-6.10am Curious George (2006/U) Family animation, with Will Ferrell ★★★★

TCM

4.45pm Across the Rio Grande (1949/PG) Action, starring Jimmy Wakely and Dub Taylor ★★★★ 6.00 Colt 45 (1950/PG) Western, starring Randolph Scott and Lloyd Bridges ★★★

7.35 Gun Fight (1961/PG) Western, starring James Brown, Joan Staley and Gregg Palmer ★★★★ 9.00 The Enforcer (1976/18) Action thriller, starring Clint Eastwood and Tyne Daly ★★★★

11.05 Assassins (1995/15) Action, with Sylvester Stallone and Antonio Banderas ★★★★ 1.50am Murder by Death (1976/PG) Comedy, starring Peter Sellers and Peter Falk ★★★★

3.30 Hollywood's Best Film Directors 5.00 Off Set: Jamie Cullum

5.15-7.20am The Mirror Crack'd (1980/PG) Thriller, starring Angela Lansbury ★★★

SONY MOVIE CHANNEL

5.15pm The Lost Medallion: The Adventures of Billy Stone (2013/PG) Adventure, starring William Brent and John Marengo ★★★ 7.10 Asteroid: Final Impact (2015/PG) Action, starring Mark Lutz and Anna Van Hooft ★★★ 9.00 The International (2009/15) Action, starring Clive Owen and Naomi Watts ★★★★ 11.20 Precious Cargo (2016/15) Action, starring Mark-Paul Gosselaar and Bruce Willis ★★★★ 1.00am The Killer Inside Me (2010/15) Thriller, starring Casey Affleck and Kate Hudson ★★★ 3.35-5.30am The Freshman (1990/PG) Classic comedy, starring Marlon Brando, Matthew Broderick and Bruno Kirby ★★★★

Radio

10.00 Free Thinking Asking if emotions have any place in relationships with patients 10.45 The Essay ■ The National Gallery 11.00 Late Junction 12.30-6.30am Through the Night

BBC RADIO 4

FM: 92.4-94.6MHz, LW: 198kHz 6.00am Today 9.00 The Life Scientific 9.30 One to One 9.45 Book of the Week 10.00 Woman's Hour 10.45 ■ Minute Drama 11.00 Patient Undone 11.30 The Art of Now 12.00noon News Summary 12.04 The Diaries of Adrian Mole 12.18 You and Yours 12.57 Weather 1.00 World at One 1.45 One to One 2.00 The Archers 2.15 Drama 3.00 The Kitchen Cabinet 3.30 Costing the Earth 4.00 Marketing Time 4.30 Great Lives 5.00 PM 6.00 Six O'Clock News 6.30 My Teenage Diary 7.00 The Archers 7.35 Front Row 7.45 15 Minute Drama 8.00 The Populist Curtain 8.40 In Touch 9.00 The Patch 9.30 The Life Scientific 10.00 The World Tonight. News and investigations from around the globe 10.45 The Diaries of Adrian Mole 11.00 Fred at The Stand 11.30 The Untold 12.00mt News 12.30 Book of the Week 12.48 Shipping 100 Selection of BBC World Service Programmes 5.20 Shipping Forecast 5.30 News Briefing 5.43 Prayer for the Day 5.45 Farming Today 5.58-6.00am Tweet of the Day

BBC RADIO 1

97.6-99.8MHz 6.33am Radio 1 Breakfast with Greg James 10.00 Clara Amfo 12.45pm Newsbeat 100 Scott Mills 4.00 Jordan North 5.45 Newsbeat 6.00 Jordan North 7.00 Radio 1's Future Sounds with Annie Mac 9.02 Rickie Melvin and Charlie 11.00 Radio 1's Indie Show with Jack Saunders 1.00am Annie Nightingale presents... 3.00 Radio 1 Comedy 3.40 Radio 1 and Xtras: Stories 4.00-6.33am Anelle Free

BBC RADIO 2

88-91MHz 6.30am The Zoe Ball Breakfast Show 9.30 Ken Bruce 12.00noon Jeremy Vine 2.00 Steve Wright in The Afternoon 5.00 Sara Cox 7.00 Jo Whiley 9.00 The Jazz Show with Jamie Cullum 10.00 Trevor Nelson's Rhythm Nation 12.00mt Q! Bong 3.00 Sounds of the 80s with Gary Davies 4.30 Sounds of the 80s Mastermix 5.00-6.30am Vanessa Feltz

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast 9.00 Essential Classics 12.00noon Composer of the Week 1.00 Radio 3 Lunchtime Concert 2.00 Afternoon Concert 5.00 In Tune 7.00 In Tune Mixtape 7.30 Radio 3 in Concert: Javier Perianes plays Chopin, Debussy and Falla

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast 9.00 5 Live Breakfast 10.00 The Emma Barnett Show 1.00pm Nihal Arthanayake 4.00 5 Live Drive 7.00 5 Live Sport 8.00 5 Live Sport 10.30 Phil Williams 1.00am Up All Night 5.00 Morning Reports 5.15-6.00am Wake Up ■ Money

CLASSIC FM

100-102MHz 6.00am Classic FM's More Music Breakfast with Tim Lihoreau 9.00 John Suchet 1.00pm Aled Jones 5.00 Classic FM Drive with John Brunning 7.00 Smooth Classics at Seven with John Brunning 8.00 The Full Works Concert with Jane Jones 10.00 Smooth Classics with Margherita Taylor 1.00-6.00am Sam Pitts

TALKSPORT

1053/1089kHz 6.00am Alan Brazil 10.00 Jim White 1.00pm Hawksbee and Jacobs 4.00 Drive 7.00 Kick Off - Champions League Live 10.00 The Sports Bar 10.00-6.00am Extra Time

ABSOLUTE RADIO

1215kHz 6.00am Dave Berry Breakfast Show 10.00 Leona Graham 1.00pm Pete Donaldson 4.00 Bush & Richie 7.00 Danielle Perty 10.00 Sarah Champion 1.00-6.00am Jay Lawrence

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Cashpoint IN BRIEF

■ IWG, the world's largest owner of serviced offices, is selling its Japanese arm for £320million.

■ The firm which makes the Queen's Christmas crackers has pulled off a bumper year. IG Design Group, which also produces gift wrapping and cards, said a takeover fuelled a 37% jump in sales, with profits "significantly" up.

■ Andrew Davies, new boss of troubled construction giant Kier, ordered an immediate review of the firm after taking over yesterday. The work will look at "further simplifying" the company which has been ■ by an accounting blunder.

Cashpoint

WITH TRICIA PHILLIPS

The average return on one-year fixed-rate bonds has fallen to 1.42%, the lowest since last October.

It's not a huge fall, at 0.05% from last month, but it's the largest month-on-month drop since September 2016, according to analysis by data firm Moneyfacts.co.uk.

The current best rates available on one-year fixed bonds, all covered by the Financial Service Compensation Scheme, include 2.2% from the Bank of London and The Middle East (blme.com), and 2.17% from Al Rayan Bank (alrayanbank.co.uk/0800 4086407).

Metro Bank (metrobankonline.co.uk/in branches) and Kent Reliance (kentreliance.co.uk/in branches) offer 2%.

If you don't feel that's enough of an incentive to lock your cash away for a year, you can get 1.5% from Kent Reliance (online only) and Virgin Money's E-saver (uk.virginmoney.com), which offer access to your cash twice a year.

The Yorkshire Building Society, meanwhile, pays 1.46% on its single-access saver (in branches) on balances from £100.

VW 'dieselgate' fraud charges

Ex boss accused over emission rigging

THE former boss of Volkswagen has been charged with fraud over the car giant's diesel emissions scandal.

Prosecutors in Germany launched criminal proceedings against Martin Winterkorn and four other executives. He ■ accused of fraud, breach of trust and breaking competition laws because he allegedly failed to act when evidence of VW's rigging of diesel tests emerged.

VW was caught using illegal engine control software to cheat US pollution tests in 2015, triggering a global backlash against diesels.

Prosecutors in the German city of Braunschweig accuse Winterkorn of a "particularly serious" fraud, an offence that can lead to up to 10 years in prison.

The 71-year-old is already facing criminal charges in the US. He remains in Germany,



FORMER CHIEF
Martin Winterkorn

which does not typically extradite its citizens for prosecution in US courts. VW said it would not comment because the company was not a party to the proceedings.

Professor Christian Stadler, of Warwick Business School, said: "This is another distraction and more negative publicity that Volkswagen could do without as the economic slowdown and the move

towards electric vehicles creates a more challenging climate for car manufacturers.

"When you look at why people purchase a VW car, the environment is not high on that list. That is one reason why the "dieselgate" scandal did not affect sales too much."

"But the launch of yet more legal action keeps the scandal fresh in people's minds and fuels suspicion that there might be rotten things going on at the company."



» Volvo ■ rolling out new technology that allows one car to alert another if the road ahead is slippery.

If a vehicle detects, for example, black ice, it will send a message to other drivers.

It relies on the fact that a large number of new cars are connected to the Internet.

Although the tech is currently only available between Volvos, the firm says it wants to make it available to other makes.



MONSOON BLOWS COLD

A powerful investor pushing for a shake-up at Barclays has hit back at the bank's bosses.

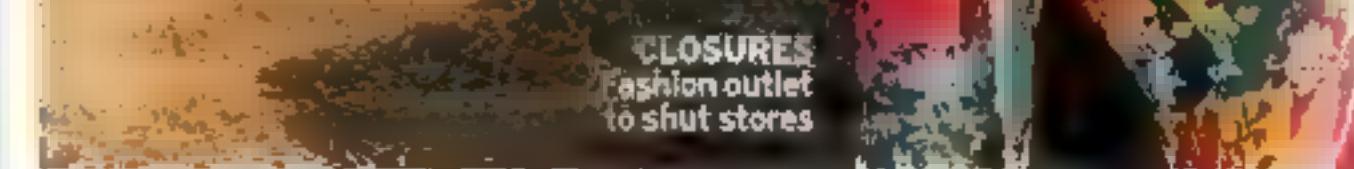
Edward Bramson, who holds a 5.5% stake through his investment vehicle Sherborne, said the board must adopt a "more realistic and shareholder oriented" plan.

Bramson has been an outspoken critic and called for Barclays' corporate and investment banking arm to be shrunk.

The owner of high street fashion firm Monsoon Accessorize is drawing up plans to close "dozens" of stores, it is claimed.

Reports say it also wants to use a proposed company voluntary arrangement to slash rents.

Privately owned Monsoon Accessorize has nearly 270 stores.



CLOSURES
Fashion outlet to shut stores

MONSOON BLOWS COLD

The owner of high street fashion firm Monsoon Accessorize is drawing up plans to close "dozens" of stores, it is claimed. Reports say it also wants to use a proposed company voluntary arrangement to slash rents. Privately owned Monsoon Accessorize has nearly 270 stores.

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AB Foods	2541.0	-14.0	Ferguson	5400.0	+70.0	RELX	1648.5	+8.0
Admiral Group	2246.0	+7.0	GilletteSmithKline	1550.0	-12	Rentokil Initial	366.8	+2.8
AstraZeneca	5994.0	+6.0	Halfords	236.0	0.0	Rio Tinto	4702.5	-69.0
Aviva PLC	488.7	-0.7	Hays	1631.1	-41	Rolls-Royce	891.0	-0.8
BAE Systems	504.0	-4.8	HSBC	655.9	-2.8	Royal Dutch Shell B	2490.5	-14.5
BAT	3123.5	-34.5	Imperial Brands	2515.0	+8.5	Royal Mail	264.3	+2.3
Ballou Beatty	268.8	+1.0	International Airlines	543.4	+0.8	RSA	538.0	+1.8
Barclays	167.7	+1.7	ITV	132.4	+15	RBS	262.5	+19
BHP Group	1902.8	-32.2	Kingfisher	255.8	+2.6	J Sainsbury	234.1	-0.9
BR Land Co.	606.8	-0.4	Land Securities	926.8	+0.8	SSE	1137.0	+3.0
BP	569.9	-0.7	Legal & General	287.5	+0.6	Severn Trent	1962.5	+9.5
BT	227.4	-2.5	Lloyds	65.2	+0.4	Senco	126.3	+1.8
Capita Group	126.4	-0.8	Marks & Spencer	278.8	-0.5	Sports Direct	296.0	-1.0
Carnival	3984.0	+8.0	Morrison	224.4	+2.4	Smith & Nephew	1481.5	-1.0
Centrica	109.1	-0.2	National Grid	820.4	+3.1	Smiths WH	2130.0	-12.0
Compass	1793.5	-39.5	Next	5688.0	+72.0	Stagecoach	120.7	-0.3
Diageo	3120.5	-5.0	Ocado	1407.0	+11.0	Standard Chartered	671.0	-11.2
Direct Line	337.3	-15	Pearson	835.8	-2.2	Standard Life Aberdeen	271.8	+2.8
Dixons Carphone	146.4	+1.3	Prudential	1702.0	+30.0	TalkTalk	122.5	-0.2
Easyjet	176.5	+25.5				Taylor Wimpey	189.7	+1.8

Holiday

Euro	1.127
Australian Dollar	1.769
Bulgarian Lev	2.102
Canadian Dollar	1.688
Croatian Kuna	8.033
Czech Koruna	27.665
Egyptian Pound	19.524
New Zealand Dollar	1.005
Polish Zloty	4.585
South African Rand	17.542
Swiss Franc	1.266
Thai Baht	39.108
Turkish Lira	7.098
UAE Dirham	4.617
US Dollar	1.275
Tesco	249.3
Thomas Cook	24.8
Unilever	4346.0
United Utilities	824.4
Vodafone	142.5
Reach PLC	64.4
	+1.2

RUGBY UNION



I LIVE FOR GOD NOW

Folau unrepentant over 'gays in hell' blast

BY TIM GOW

ISRAEL FOLAU remains unrepentant about the homophobic comments that have ended his international career and declared: "I live for God now."

Rugby Australia is pressing ahead with plans to terminate his contract after its integrity unit ruled Folau committed a "high-level breach of the professional players' code of conduct".

The full-back posted on his Instagram account last week that "hell awaits" for "drunks, homosexuals, adulterers, liars, fornicators, thieves, atheists, idolators".

Folau, Australia's most dangerous attacking weapon, refuses to retract the remarks, which have been "liked" by a number of other players, including England No.8 Billy Vunipola.

"Whatever His will is, whether that's to continue playing or not, I'm more than happy to do what He wants me to do," said Folau, who is a

I'll stand on what the Bible says.

First & foremost, I live for God now

Christian. "I'll stand on what the Bible says. First and foremost, I live for God now. Whatever He wants me to do, I believe His plans for me are better than whatever I can think. If that's not to continue on playing, so be it."

"Obviously I love playing footy and if it goes down that path I'll definitely miss it. But my faith in Jesus Christ is what comes first."

Folau, 30, was warned a year ago about anti-gay comments on social media. His Test career now looks over after 73 caps.

Asked recently if he would pick Folau with the World Cup starting in September, Australia coach Michael Cheika said: "You wouldn't be able to."

"When you play in the gold jersey we represent everyone in Australia, everyone."

Vunipola's club Saracens have warned their star about his behaviour but he said: "My intention was never to cause suffering."

EDWARDS WELCHES ON WIGAN

SHAUN EDWARDS claimed he made a U-turn on joining Wigan as head coach as he is not experienced enough.

Edwards (right) was unveiled last August with a fanfare by Warriors as their new boss for 2020, with Adrian Lam taking temporary charge this year.

Chairman Ian Lenagan, who made the mistake of only getting a hand-shake agreement with Edwards, said: "I



wish him well whatever he does next." Edwards, who is expected to stay with Wales Rugby Union, said: "I feel

Warriors need a more experienced head coach than me."

■ Challenge Cup 6th Round draw: Salford v Hull KR, Dewsbury v Halifax, Warrington v Wigan, Bradford v Leeds, Huddersfield v St Helens, Hull v

Castleford, Catalans v Doncaster, Wakefield v Widnes. Ties to be held weekend of May 9-12.

TODAY: April 16

ON THIS DAY: 2010



Veteran midfielder Paul Scholes signed a new one-year contract with Manchester United

1991: Rangers boss Graeme Souness quit Ibrox to become manager of Liverpool. His spell at Anfield, barring an FA Cup final victory over Sunderland, was an unhappy one and he left in 1994.

1993: Manchester City escaped with a suspended punishment after crowd trouble marred their FA Cup home defeat by Tottenham.

1997: David Unsworth and Robbie Fowler were sent off as Liverpool saw their Premier League title dreams all but end as they drew 1-1 at Everton.

BACK PAGE: 2004

GERARD HOULLIER dismissed speculation over his future by insisting he would be at Anfield next season to lead Liverpool to the title.

With Martin O'Neill's availability next season again on the agenda, there was huge pressure on Houllier.

He left in May and was replaced by Rafa Benitez.

1. Leeds United
2. South Africa

ANSWERS

EASTER DEALS

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CHARLIE CAN'T FAULT ZAKOUSKI

BY DAVE MITCHELL

ZAKOUSKI will close him to 2,000 Guineas second-favouritism if he puts in an impressive seasonal debut at Newmarket tomorrow.

Currently best priced 8-11 behind Too Darn Hot, the Charlie Appleby-trained colt went onto many a list of horses to follow with a sparkling win at Kempton in November and all seems to have gone well since.

He faces nine rivals in the Group 3 contest over the classic mile trip, headed by another of Godolphin's future stars, the Saeed bin Suroor-trained Royal Marine.

"We've put him in the Guineas for a reason, but he has got to turn up in a trial first," said Appleby (right).

"I can't fault him and he is

pleasing us what we are seeing, but he has got to test his mettle tomorrow."

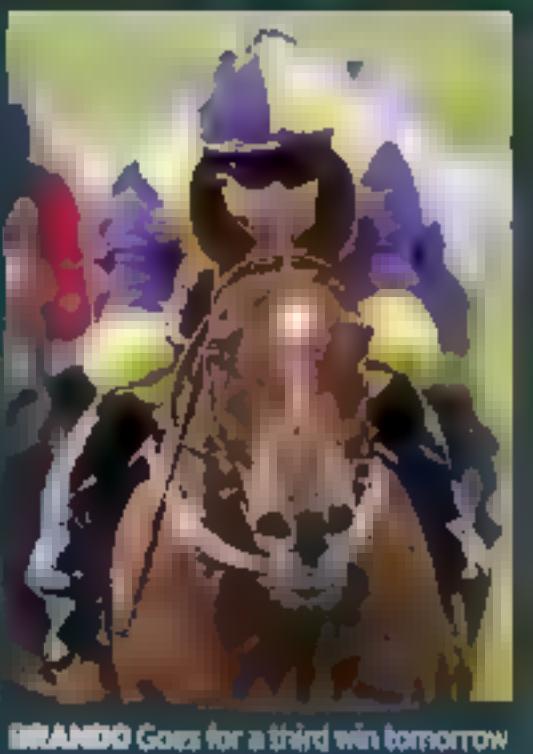
■ Brando will try to go one better than Tiger Roll half an hour earlier when Kevin Ryan's sprinter goes for a hat-trick in the Abemant Stakes.

■ One of the more interesting runners at Newmarket on the first day of

the Craven Meeting is the Ryan Moore-ridden GREEN POWER (150).

A close fourth at this very meeting a year ago, he was subsequently a model of consistency winning on the Shergar Cup card.

Still well-treated, we will see if Moore can eke out some improvement from this one, especially as he rides him for the first time today.



BRANDO Goes for a third win tomorrow

POOLS GUIDE BY LONGSIGHT

April 21

Premier League

1	Arsenal	v	Crystal Palace	1
2	Bournemouth	v	Fulham	1
3	Cardiff	v	Liverpool	2
4	Chelsea	v	Burnley	2
5	Everton	v	Man Utd	2
6	Huddersfield	v	Watford	2
7	Man City	v	Tottenham	2
8	Newcastle	v	Southampton	2
9	West Ham	v	Leicester	2
10	Wolverhampton	v	Brighton	1

Lahmoores Scottish Championship

11	Ayr	v	Dundee C	1
12	Falkirk	v	Morton	2
13	Inverness CT	v	Dundee U	2
14	Partick	v	Allora	2
15	Queen of South	v	Dunfermline	2

Lahmoores Scottish League 1

16	Arbroath	v	Raith	1
17	Dumbarton	v	East Fife	2
18	Montrose	v	Airdronians	2
19	Stenhousemuir	v	Forfar	2
20	Stranraer	v	Brechin	1

Lahmoores Scottish League 2

21	Albion	v	Edinburgh	2
22	Clyde	v	Berwick	1
23	Elgin	v	Peterhead	2
24	Queen's Park	v	Annan	2
25	Stirling	v	Cowdenbeath	1

Germany Bundesliga

26	Augsburg	v	Stuttgart	1
27	Bayern Munich	v	Werder Bremen	1
28	Leverkusen	v	Nurnberg	1
29	FC Midtjylland	v	Lipsig	2
30	Freiburg	v	Borussia Dortmund	1
31	H. Berlin	v	Hannover 96	1
32	Schalke	v	Moffenhein	2

French Ligue 1

33	Dijon	v	Rennes	1
34	Guingamp	v	Marseille	2
35	Lyon	v	Angers	1
36	Nantes	v	Amiens	1
37	Nice	v	Caen	1
38	Nimes	v	Bordeaux	1
39	Reims	v	St Etienne	2
40	Strasbourg	v	Montpellier	2
41	Toulouse	v	Lille	2

French Ligue 2

42	Excelsior	v	Willem II	2
43	Ermelo	v	Utrecht	2
44	Feyenoord	v	AZ	1
45	Fortuna	v	MAC	1
46	Groningen	v	Ajax	2
47	PSV	v	ADO	1
48	VVV	v	De Graaf	2
49	Vitesse	v	PEC Zwolle	2

French Ligue 3

50	Angers	v	Metz	1
51	AS Nancy	v	Metz	1
52	AS Nancy	v	Metz	1
53	AS Nancy	v	Metz	1
54	AS Nancy	v	Metz	1

French Ligue 4

55	AS Nancy	v	Metz	1
56	AS Nancy	v	Metz	1
57	AS Nancy	v	Metz	1
58	AS Nancy	v	Metz	1
59	AS Nancy	v	Metz	1

French Ligue 5

60	AS Nancy	v	Metz	1
61	AS Nancy	v	Metz	1
62	AS Nancy	v	Metz	1
63	AS Nancy	v	Metz	1
64	AS Nancy	v	Metz	1

French Ligue 6

65	AS Nancy	v	Metz	1
66	AS Nancy	v	Metz	1
67	AS Nancy	v	Metz	1
68	AS Nancy	v	Metz	1
69	AS Nancy	v	Metz	1

French Ligue 7

70	AS Nancy	v	Metz	1
71	AS Nancy	v	Metz	1
72	AS Nancy	v	Metz	1
73	AS Nancy	v	Metz	1
74	AS Nancy	v	Metz	1

French Ligue 8

75	AS Nancy	v	Metz	1
76	AS Nancy	v	Metz	1
77	AS Nancy	v	Metz	1
78	AS Nancy	v		



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GOLF MASTERS CHAMP READY TO HUNT

TIGER'S GOT ME SHAKING IN MY BOOTS

Jack admits 18-Major haul is under threat



SLATED TO WIN?
Nicklaus helped on with the Green Jacket by Arnold Palmer in 1965 - his second win at the Masters - and Woods with Patrick Reed on Sunday evening



Donald J. Trump
Spoke to Woods to congratulate him on the great victory he held yesterday's Masters to inform him that because of his incredible Success & Comeback in Sports (Golf) and, more importantly, LIFE, I will be presenting him with the PRESIDENTIAL MEDAL OF FREEDOM!

MAJOR HONOUR President Trump, a massive golf fan, tweeted last night about how he plans to reward Woods



DOWN GOLDEN BEAR'S RECORD

BY NEIL MCLEMAN
@NeilMcLeman

JACK NICKLAUS claimed he was "shaking in my boots" after Tiger Woods' magical 15th Major title triumph relaunched his bid to overhaul the Golden Bear's record total of 18.

And his caddie Joe LaCava has warned that the rebuilt superstar can now keep winning until he is 50.

Woods (below with Nicklaus) waited nearly 11 years to add another Major during which he suffered dramas on and off the course – and feared his career was over.

But after winning a fifth Green Jacket – and closing within one of that Nicklaus record – the next two Majors will be staged on US courses where Woods has already won.

Nicklaus said: "I felt for a long time he was going to win again. And the next two Majors are at Bethpage, where he's won

[2002 US Open] and Pebble Beach, where he's won [2000 US Open]. So he's got me shaking in my boots."

"If Tiger is healthy, he doesn't need to worry about his driver. He never drove the ball straight anyway.

"He's such a great putter, has such a great short game. He has such distance control with his irons – unbelievable distance control, the best I've ever seen in the game.

"There wasn't any question in my mind, after seeing Francesco Molinari hit the ball in the water at 12, and Tiger put it on the green. I said: 'Tournament's over'."

LaCava, who won the Masters with Freddie Couples in 1992, said: "It's nice to get to 15, it isn't a thought. Now 15's here, let's get to 16. Is the record in play? Sure.

"The guy's 43 years old, a guy like him could win when they're 50,

Sixteen is the next mission. Looking back 10 years from now, 15 may be the hardest one."

Woods, who attended sex-addiction rehab in 2010, underwent a fourth back operation in 2017 and was arrested that summer for driving under the influence of a cocktail of prescription drugs.

But the new world No.6, who now chews gum to control his appetite, has turned around his life and game. "My body doesn't move like it used to – that is just Father Time," said the winner of 81 PGA Tour events.

"And with the procedures I have had, that is the way it is always going to be. But my hands are still good.

"If I'm able to make some kind of movement towards the golf ball, I can figure it out. My game doesn't look anything near like it used to be. It is

different but it works. I've figured out a way to piece together a golf swing and, on top of that, I know how to score."

Former US Ryder Cup captain Paul Azinger said: "We are watching a living, breathing, walking miracle. To be able to play at that level with a fused back? He's already the best player in the world. The No.1 golfer in the world is ranked No.6."

It will be fascinating to see how the younger players will now react.

Woods' friend Mark O'Meara said: "Jack, please don't be mad at me, but Tiger Woods is the greatest player I've ever seen. I played Jack and he has the greatest record, but I find it hard to believe that anyone has ever played golf like Tiger Woods."

■ **The taming of Tiger** – see pages 14 and 15



JACK'S STILL THE MAN TO CATCH...

Player	Majors
Jack Nicklaus	18
Tiger Woods	15
Walter Hagen	11
Ben Hogan	9
Gary Player	9
Tom Watson	8
Bobby Jones	7
Arnold Palmer	7
Sam Snead	7
Harry Vardon	7
Gene Sarazen	7
Nick Faldo	6
Lee Trevino	6

TIGER'S MAJORS

1997 Masters
1999 US PGA
2000 US Open, The Open, US PGA
2001 Masters
2002 Masters, US Open
2005 Masters, The Open
2006 The Open, US PGA
2007 US PGA
2008 US Open
2019 Masters

THE OPEN – JULY 18-21
Royal Portrush, Northern Ireland
The venue has less recent form – it staged The Open back in 1951, the only time the oldest Major has been played outside England or Scotland. Rory McIlroy will be desperate to win the first Major in Ulster in his lifetime.

HOW TIGER CAN MATCH THE GOLDEN BEAR THIS YEAR:

US PGA – MAY 16-19
Bethpage Black Course, New York
Woods won his eighth Major title on Long Island in 2002 with a three-shot win over Phil Mickelson. He also finished tied sixth when

the US Open was back there in 2003.
US OPEN – JUNE 13-16
Pebble Beach, California
Woods recorded the biggest win in Major history when he claimed his first US Open title by 15 shots in 2000. He finished tied fourth when the US Open returned to California in 2010.

MOLINARI HAS MAJOR METTLE

FROM NEIL MCLEMAN in Augusta
FRANCESCO MOLINARI proved he will now be a contender in every Major despite his back-nine meltdown at the Masters, according to his English coach.

The Open champion took a two-shot lead into the final round but his streak of 49 holes without dropping a shot ended in disaster – with double bogeys at 12 and 15 to limp

home tied in fifth. Coach Denis Pugh said: "When you look at the whole week, it was very encouraging. I think he will react very positively.

"Everyone is disappointed – that is natural. The facts are that he did lose and Tiger did win. He made two big errors on 12 and 15 and Tiger made some fantastic shots at the right time and deserved his victory.

"Frankie was very good afterwards. Very philosophical.

"I thought he showed a lot of class in his interviews. He wasn't a fake either.

"When he went back to the house

he was exactly the same – he said it wasn't to be. And he learns from his losses.

"When he doesn't quite get it done, he finds a way to get it done next time. It is exciting.

"He is playing this week in Hilton Head and then has two weeks home and then is off to the US PGA. And Bethpage is a good course for him."

Molinari (right), 36, who finished tied sixth at the US PGA after Carnoustie last year, said: "I will keep in mind, above all mentally, there is still a little way to go."



BOXING



READY FOR BATTLE Crawford & Khan

Khan eyes win without a hitch

FROM DAVID ANDERSON in New York
AMIR KHAN claims dethroning Terence Crawford at Madison Square Garden on Saturday would top getting married in New York.

Khan is in the Big Apple for his first big match-up since getting hitched to his New York wife Faryal in 2013.

The WBO welterweight belt is up for grabs and Khan, 32, said: "This would be my biggest win in boxing.

"Would beating Crawford top my wedding day? Yes, definitely. The wife will kill me for saying that! But it would in terms of an achievement."

CRICKET

ALI: STICK'S JUST NOT CRICKET..

BY DEAN WILSON
ENGLAND all-rounder Moeen Ali wants fans and team-mates to go easy on the returning Steve Smith and David Warner after they were named in Australia's World Cup squad.

The pair have completed their year-long bans for their part in the ball-tampering saga in South Africa.

Moeen (left) said: "If Warner and Smith play, I hope they don't get too much stick – regardless of whether they deserve it or not. I just think, 'let's just play the game'.

"I'm sure they'll get a little bit but I hope they don't get too much."

"Yes, they've made a mistake. But we've had players that have made mistakes. Just play and enjoy what could be an amazing summer."

TENNIS



SHAKEN Edmund (in orange) after loss

Diego delivers KO blow to Kyle

KYLE EDMUND suffered a collapse at the Rolex Monte-Carlo Masters after losing 12 of the last 13 games to fall to a 4-6 6-3 6-1 first-round defeat against Diego Schwartzman.

In a match lasting just over two hours on Court Rainier III, in Monaco, Schwartzman fought back in the second set as he won nine games in a row to turn the match around.

After beating the British No.1, Argentine Schwartzman will face the winner of the match between Witold Tsonga and Taylor Fritz, which is first on court today.

WATFORD 0 ARSENAL 1

Aubameyang 10

PREMIER LEAGUE
VICARAGE ROAD

Cojones' jibe haunts red-card row

BY MIKE WALTERS
@MikeWaltersMGM

TROY DEENEY'S red card and Pierre-Emerick Aubameyang's opportunism cured Arsenal of their travel sickness.

But the Gunners made desperately hard work of seeing off opponents reduced to 10 men for 80 minutes.

Watford put up a terrific fight and the visitors needed a rare howler from keeper Ben Foster to scramble back into the Champions League places.

Unai Emery and Hornets opposite number Javi Gracia were team-mates at Real Sociedad in Spain, and the

Watford head coach was the first person Arsenal's manager consulted before he took the Gunners job.

Emery's men had beaten only Huddersfield and Blackpool on their travels since the end of November - and had not kept a clean sheet away from home until last night - but could not have hoped for a more helpful start than a goal-keeping gaffe and a red card inside the first 11 minutes.

First Foster dithered over Daryl Janmaat's tame back pass

and when Aubameyang charged down his attempted clearance the ball flew into the net.

Within 60 seconds, the night got a whole lot worse for the FA Cup finalists, when their talisman Deeney was sent off in debatable circumstances.

It did not look like Deeney fended off Lucas Torreira with more than a forearm swish, but he did not need to do it and, after linesman Richard West intervened, ref Craig Pawson sent off the Watford striker.

Deeney tore

off his shirt in frustration and pointed to his forearm, but he was the author of his own misfortune.

The party mood among home fans after their Wembley semi-final celebrations was dampened, but it did not rob Watford of their spirit.

Gunners keeper Bernd Leno was twice required to preserve his side's advantage, tipping Craig Cathcart's shot on to a post and going full-length to claw Etienne Capoue's free-kick to safety.

And after Henrikh Mkhitaryan was denied from point-blank range by Foster, Adam Masina's rocket rattled Leno's woodwork.

PREMIER LEAGUE TABLE

	P	D	L	F	A	pts
Liverpool	34	26	7	1	77	20 85
Man City	33	27	2	4	96	22 82
Tottenham	33	22	1	10	64	34 67
Arsenal	33	20	6	7	66	40 66
Chelsea	34	20	6	8	57	36 66
Man Utd	33	19	7	7	63	44 64
Leicester	34	14	5	15	46	45 47
Everton	33	13	8	12	41	42 47
Watford	33	13	7	13	47	48 46
West Ham	34	12	6	16	42	52 47
Bournemouth	34	12	5	17	49	47 47
Q Palace	34	11	6	17	40	46 39
Burnley	34	11	6	17	42	40 39
Newcastle	34	10	8	16	32	43 38
Southampton	33	9	9	15	39	54 39
Brighton	32	9	6	17	32	51 33
Cardiff	33	8	4	21	28	43 37
fulham (R)	34	5	5	24	32	76 27
Huddersfield (R)	34	3	5	26	19	67 23

FOS FLOP
Ben Foster is caught by Aubameyang, who blocks the ball into the net

RATINGS by MIKE WALTERS

mirror.co.uk/sport/football

WATFORD

FOSTER

Fine season stained by horrendous mistake to gift Arsenal the winner

JANMAAT

Rampaging runs forward gave Watford hope against the odds

KABASELE

Lived on his nerves when Arsenal forwards came calling

CATHCART

Never threw in the towel and his low shot hit the post

MASINA

Rattled angle of woodwork from 30 yards with great hit

FEMENIA

Provided width and energy but few crosses picked out team-mates

CAPOUÉ

Booked. Curling free-kick looked in until Leno intervened

HUGHES

Booked. Trod fine line between commitment and overcooked tackles

DOUCOURÉ

Worked tenaciously to make up for shortfall in manpower

DEENEY

Sent off. Don't mention the cojones. Red carded after 11 minutes

GRAY

Ran himself into ground but uphill task as lone striker

SUBS:

Success (Femenia 59) 6

Sema (Masina 86)

ARSENAL

LENO

MOTM. Top saves to stop Cathcart and Capoué in Watford rally

MUSTAFI

Not a natural right-back but forceful when it mattered

KOSCIELNY

Brought experience and know-how to a revamped back line

MAVROPOANOS

Only his fourth Arsenal appearance, Gray's runs kept him busy

MONREAL

Steady and composed, he didn't desert his sentry post

TORREIRA

On receiving end of Deeney's forearm and home fans' displeasure

XHAKA

Pathetic early dive turned home crowd against Gunners

MKHITARYAN

Anonymous for 45 minutes then denied certain goal by Foster

RAMSEY

Enjoyed plentiful space to make presence felt against 10 men

IWOBI

Always a threat down left flank, mixed bag with final ball

AUBAMEYANG

Closed down dithering Foster eagerly and got his just reward

SUBS:

Subs: Torreira (Ozil 45) 7

Guendouzi (Mavropoulos 59) 6

Maitland-Niles (Ramsey 68) 6

OFF NIGHT Deeney clips Torreira (below) before being dismissed



MESSI WILL END UNITED'S EUROPEAN DREAM

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STAN COLLYMORE

The man who always speaks his mind

Klopp faces Raf end to the season

LIVERPOOL were superb in their handling of Chelsea on Sunday and, like everyone else with an affinity to the club, I'm excited to see where this season ends.

The Premier League title is in Manchester City's hands and a part of me thought they might blink at Crystal Palace earlier in the day, but it wasn't to be.

The stand-out games for Jürgen Klopp's men now are their final two fixtures, against Newcastle and Wolves in May.

There'll be one or two people hoping Rafa Benítez, the man who led Liverpool to Champions League glory, will rest a couple of his Toon players for the penultimate game and be heard humming 'You'll Never Walk Alone' on his way to the dugout at St James' Park. But he is the consummate pro and will want to win that game as much as any.

Then it will be Wolves at home and Nuno Espírito Santo's boys would love to be the team who stopped Liverpool winning the title.

I also wonder if players such as Ruben Neves might see the game as a real chance to put himself in the shop window.

There is still much work to be done if my old club are going to end their 29-year wait for the title.

IF the allegations of assault made against Joey Barton on Saturday are proven then he can't keep his job as Fleetwood boss and he'll have to start right back at the bottom in terms of getting another job. I'm all for redemption, I have to be, but Barton's recent history is littered with too many issues for him to be given another chance anytime soon.

Glory spurs on Guardiola

EVEN though Tottenham have a 1-0 lead over Manchester City going into tomorrow's second leg, Pep Guardiola's men are my Champions League favourites.

Don't get me wrong, Spurs have a team capable of knocking them out and can do so by pressing high and being bold - but I still fancy City to turn the tie around.

And I didn't see anything from Barcelona against Manchester United last week that made me think City or Liverpool couldn't beat them.

Solskjaer needs a Nou Camp masterclass to ease fears he got full-time job too soon

HINDSIGHT Is a wonderful thing, of course, but I wonder if Ed Woodward regrets not waiting until the end of the season before making a decision on Ole Gunnar Solskjaer's appointment.

Solskjaer had injected a little bit of 1999 and the spirit of Sir Alex Ferguson back into Manchester United when the word 'interim' was removed from his contract last month.

And let's not pretend the rest of us hadn't got ourselves caught up in the emotion of what he had done for the club, because we had.

But chairmen and owners and chief executives aren't supposed to get drawn in like we followers of the game and maybe, just maybe, Woodward is now thinking he might have waited for Solskjaer to put something tangible on the table before making his final decision.

A top-four finish, for example, or a tactical masterclass against Barcelona in the Champions League. That's a competition United will want to do well in for the next few seasons.

And, while the victory over Paris Saint-Germain was fantastic, managers of the biggest clubs need to prove themselves in more than one big game.

This isn't to criticise Woodward because Solskjaer had

rightly put himself in the frame and I understand him getting the job.

But a run of 14 wins in 17 games has been followed by four defeats in six, and since about two weeks before the appointment was made, performances had started to drop off.

There was never any danger of Solskjaer (right) taking another job in the summer before hearing what United wanted to do, though.

And if Woodward's decision was to hand him his dream role on a permanent basis at the end of the season, he was never going to turn them down.

The other question I have of United is: What's making their players blow so hot and cold?

They were dreadful at the end of Jose Mourinho's days at the club and effectively downed tools.

But then Solskjaer came along and gave them a big hug, and they started performing again almost overnight. Now their performances have gone a bit disappointing again and I wonder if

they have thought, 'It's OK, the gaffer's got the job, now I can take my foot off the gas a little bit'.

But at United, players can't do that and will be out of the door - fast - if they ever think they can. That

includes Paul Pogba and others who a month ago were getting bigged-up.

Solskjaer now has three major tasks for the rest of the season.

The first is tonight in Barcelona where he must get his tactics spot on. United can't go toe-to-toe with Lionel Messi and Co, as a team they aren't strong enough defensively, but they can beat them if they defend solidly and catch them on lightning-quick counter-attacks.

Second, he must finish in the top four to qualify for the Champions League.

And, third, he must find out which five or six players he can build his team around.

For those who don't fit into that category, who are simply too inconsistent, it is time to let them go.

MILLWALL FC

LAST week I wrote that 5,000 Millwall supporters had sung a racist song during the club's FA Cup tie with Everton earlier this season. I apologise to Millwall, it was up to 30 of their



Seagulls must do it for Hu

FOR a team near the bottom of the table, but yet to be relegated, to concede five goals at this time of the season is almost unforgivable.

So Brighton's players need to be having a good look at themselves after their hammering

by Bournemouth and ahead of tonight's clash with Cardiff.

This should be the time of the season when you say: "Let's stay in this division."

There should be loads of sabre-rattling in the dressing room

pre-match, lots of shouting and emotion, and good tactical planning.

They owe their manager Chris Hughton (left), and their supporters a big performance at the Amex this evening.

COLLYWOBBLER

WHAT disappointed me most about the situation with West Ham fans singing anti-Semitic songs on a pitch was just how many Hammers supporters subsequently abused me on Twitter for having the audacity to highlight it.

People are more worried about other clubs being slagged off now than they are about racism - and that's a worrying low.



Chris lays down law

Brighton v Cardiff
kick-off 7.45pm

BRIGHTON'S players were made to watch their 5-0 home humiliation by Bournemouth - and told to make amends in their relegation showdown with Cardiff City.

Albion are just five points above City and the drop zone following Saturday's shocker, when winger Anthony Knockaert was sent off for fouling Adam Smith with the score 2-0.

Boss Chris Hughton (above) says a frank team meeting left his players in

THE LOWDOWN

BRIGHTON: Ryan, Montoya, Duffy, Dunk, Bong, Stephens, Bissouma, Propper, Gross, Murray, March
CARDIFF: Etheridge, Peltier, Morrison, Manga, Bennett, Gunnarsson, Arter, Murphy, Camarasa, Hollett, Nasse
REFEREE: Andre Marriner
HEAD2HEAD: Cardiff 23 wins, Brighton 23 wins, draws 22
ODDS: Brighton evens, Cardiff 7/2, draw 23/10

no doubt about what is expected of them tonight. "We went through the game, looking at the goals we conceded," he said.

"They know it was our worst defeat and our worst performance - and we have to put it right."

"I wouldn't say it was a calm meeting because it's about opinions, but it was constructive."

Hughton added: "I've spoken to Anthony. It was a bad challenge and he deserved the red card."

MAJOR BLOW Spurs must do battle without ace Kane

'KANE LOSS NO REASON TO BE LAX'

BY MIKE WALTERS

KEVIN DE BRUYNE warned it would be "disrespectful" to regard Tottenham as a weaker threat to Manchester City's Quadruple dream due to Harry Kane's injury.

City bid to overturn their Champions League quarter-final first leg 1-0 deficit at the Etihad tomorrow night.

And Belgium midfielder De Bruyne fears Spurs will be just as tough to crack without the England captain, who is out for the season with ankle ligament damage.

He said: "Harry Kane is a wonderful striker, but it would be disrespectful to the other guys."

"They won against us without him when he went off last week and they have brilliant players."

"Earlier they won so many games without him and they are still a very good team without him."

"Obviously he's a really good player, but it's not going to change anything."

"It will be a great game, a good atmosphere and for us it's all or nothing."

CHAMPIONS LEAGUE HUGE GAMES

I thought he'd be a bit of a d*** head!

DE BRUYNE ADMITS HE WAS SURPRISED STERLING TURNED OUT TO BE 'COOL'

Manchester City v Tottenham

tomorrow 8pm, Spurs lead 1-0

BY DAVID McDONNELL

KEVIN DE BRUYNE has admitted he thought Manchester City team-mate Raheem Sterling was a "bit of a d***head" when he first met him.

Sterling has emerged as one of City's most influential players, with 21 goals and 16 assists this season as Pep Guardiola's side chase an unprecedented Quadruple haul of trophies.

England winger Sterling, 24, has been just as impressive off the pitch, tackling the scourge of racism head-on with his articulate and forthright views, endorsing his status as one of football's most inspiring role models.

Team-mate De Bruyne, back from injury to help push City's quest for a clean sweep, said he thought Sterling



would be arrogant and flash - but could not have been more wrong.

"I'm a brutally honest person," said De Bruyne. "So I will let you in on a little secret. Before I came to Manchester City, I didn't really know what to make of this Raheem Sterling guy.

"I'd never met him and, from what I'd read about him, I thought he was going to be a very different character."

"I thought, well, I didn't think he'd be a bad guy, really. But the tabloids were always claiming that he was arrogant. So I guess I thought he'd be, what do the English call it? A bit of a d***head, maybe?"

"Raheem and I have this strong

connection. As we arrived at City around the same time, and there was a lot of negativity about us.

"They said I was 'the Chelsea reject'. They said Raheem was this flashy guy who left Liverpool for money. They said we were difficult characters."

"Then I got to City and met Raheem, and we'd talk a bit after training, and I thought 'Wait, this guy seems really cool? What's the story here?'

"This is the real truth - Raheem is one of the nicest, most humble guys I've met in football."



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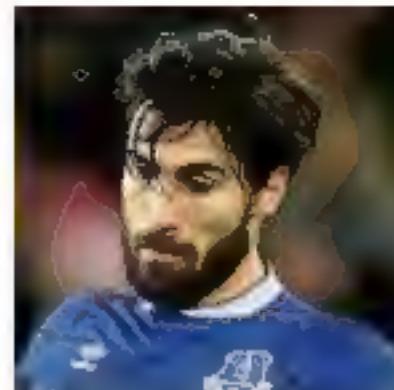
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Gomes on FA charge

EVERTON'S Andre Gomes has been charged with violent conduct after his clash with Fulham striker Aleksandar Mitrovic.

Portuguese midfielder Gomes (above) appeared to stamp on Mitrovic in stoppage time of Everton's 2-0 defeat in an incident which was not spotted by referee Lee Probert.

The FA confirmed the incident was caught on video and said Gomes has until 6pm tonight to respond to the charge.

Relegated Fulham won with goals from Tom Cairney and Ryan Babel.

Everton signed Gomes on a season-long loan from Barcelona in August last year and he has been a regular for Marco Silva's side this campaign, making a total of 28 appearances.

RESULTS & FIXTURES

FOOTBALL

Premier League

WATFORD (0) 0 ARSENAL (1) 1
20,480 Aubameyang 10

TENNIS

ATP MONTE-CARLO MASTERS, Monaco, 1st Round (selected)
DS Schwartzman (Arg) b1 (17) K Edmund (Gbr) 4-6 6-3 6-1

SPEEDWAY

PREMIERSHIP: Peterboro 46 Poole 44, Wolves 46 Swindon 44

TODAY'S FOOTBALL

UEFA Champions League Quarter-Final 2nd Leg Barcelona v Man Utd (8) Juventus v Ajax (8)

Premier League

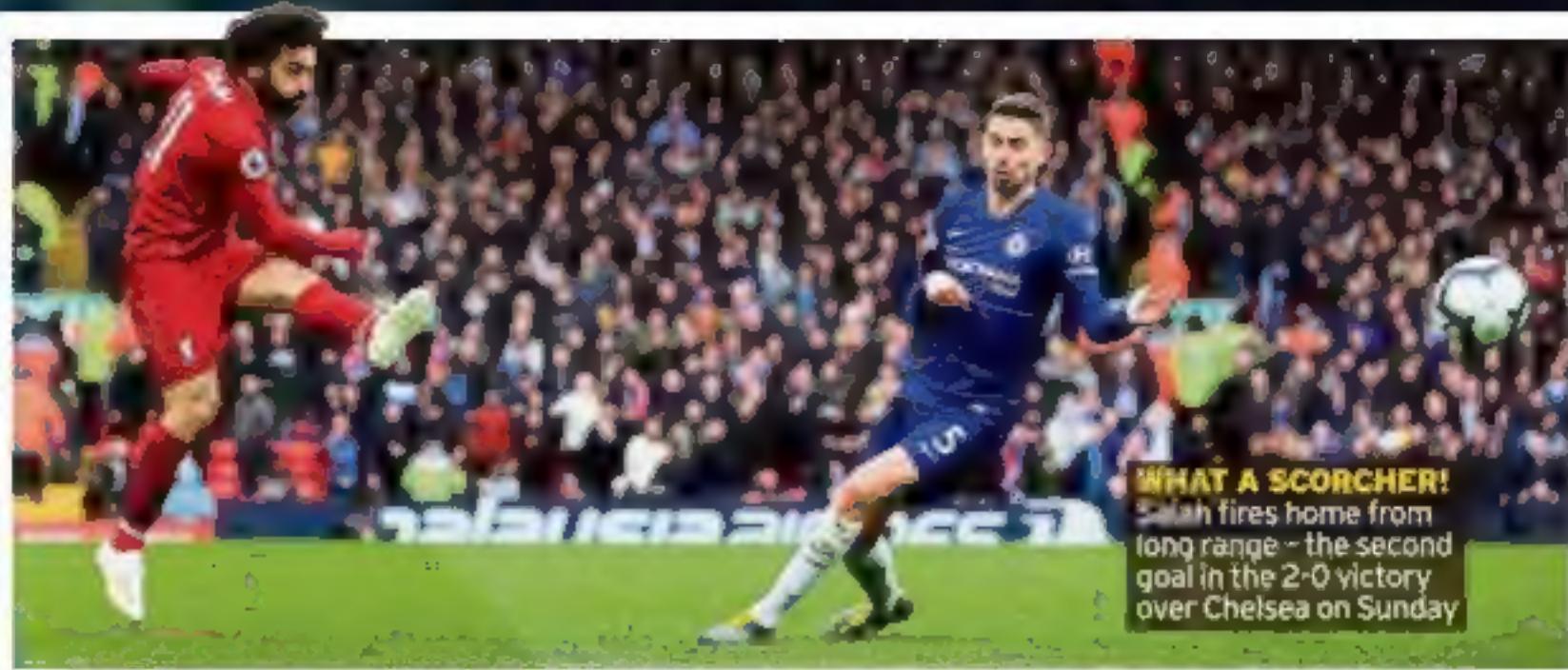
Brighton v Cardiff (7.45) Scottish Championship Morton v Inverness CT (7.45)

Vanarama North

Altrincham v Brackley (7.45) Vanarama South

Truro v Concord Rangers (7.45) Evo-Stik South

Beaconsfield v Merthyr Town



HE'S SIMPLY MOMENTOUS

Robbo: Goal silenced racists and lifted Double hopes

Porto v Liverpool
tomorrow 8pm, Reds lead 2-0
BY DAVID MADDOCK
LIVERPOOL
defender Andy Robertson has hailed Mo Salah's wonder goal against Chelsea as a perfect response to the internet bigots.

"As soon as he hit it I think everyone knew it was in," said Robertson of the Egyptian's thunderous strike.

"The place went wild. Fair play to Mo. A bit of stuff went on in midweek and I suppose that was the perfect way to shut them up."

Robertson was referring to shameful videos posted online by

Chelsea fans which contained abusive chants aimed at the race and religion of their former player.

The Blues took immediate action against those culprits they could identify, but Salah took action of his own and proved yet again he is a remarkable talent.

He is behind only Lionel Messi in goal contributions over the past two seasons, is Premier League joint top scorer with Sergio Aguero on 19, and is looking to secure the Golden Boot for a second consecutive campaign.

He has scored 66 times in all competitions in that same period, more than any other Premier League player.

No wonder Reds boss Jurgen Klopp rates him as "world class", but also puts Salah's success

down to his incredible workrate and a desire to improve.

For Robertson, Salah's form at such a critical time of the season gives Liverpool the belief they can go all in for the Champions League and Premier League Double, although they will not underestimate Porto tomorrow.

They take a two-goal lead to Portugal for a place in the semi-finals and Robertson said: "The quality of Mo's goal speaks for itself. It was unbelievable. It's a massive win for us and of course gives us confidence, we are really enjoying this.

"But we know there's still a lot of hard work to come, and we know Porto won't be easy."

"We need to be at it 100 per cent because the tie isn't dead."

IT'S A STERLING ACHIEVEMENT..

PL 18-19	Apps	Goals	Assists	G+A
Eden Hazard	33	16	12	28
Raheem Sterling	17	9	26	
Sergio Aguero	28	11	7	26
Mohamed Salah	34	19	7	26
P-E Aubameyang	31	17	5	22
Paul Pogba	30	13	9	22
Harry Kane	28	17	4	21
Alexandre Lacazette	31	13	7	20
Callum Wilson	26	12	8	20

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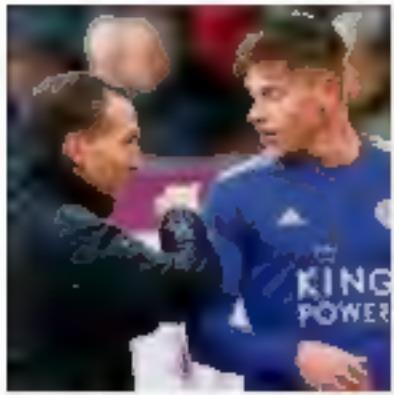
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KEEP GOING Barnes gets the support of boss Rodgers

Harvey's got time to shine

BY DAVE ARMITAGE

BRENDAN RODGERS has told rising star Harvey Barnes not to let his goals drought drive him nuts.

The 21-year-old midfielder forced his way into the Foxes' first team on the back of an impressive nine-goal loan spell at West Brom.

Leicester called him back early but he's failed to find the net in 12 appearances since his return.

Boss Rodgers has told Barnes he doesn't have to let his zero goals column play on his mind.

He predicts a big future for the homegrown youngster who has become a regular feature in his side.

Rodgers said: "It is just a case of adding to what he has. We need to get him pressing higher up the pitch so you have more chances to create opportunities in score."

"He is a wonderful talent. He doesn't have to get hung up on the goals side of it yet, although eventually that is what he will be judged on. What he creates and scores."

It's yellow peril, Villa

ASTON VILLA star John McGinn is walking a tightrope which could wreck his play-off dreams.

The Scotland midfielder picked up his 13th booking this season in Saturday's 2-1 win over Bristol City.

McGinn has already served a ban for 10 yellows, but two more in Villa's last four games would see him banned for a further three and out of the play-offs.

Yellow cards have become an occupational hazard for McGinn – he picked up 18 last season when he was at Hibs.

Villa travel to Bolton on Friday looking to equal a club record nine wins on the spin set up in 1910.

McGinn said: "That's the aim, if you'd asked us a couple of months ago whether we'd be in the play-off spots, we'd have laughed at you."

BARCELONA v MANCHESTER UNITED

GIVE ME

Solskjaer says United cannot rely on history if they are to pull off another stunning victory at Barcelona's ground... just like they did in 1999

FROM JEREMY CROSS in Barcelona
OLE GUNNAR SOLSKJÆR knows he cannot count on romance alone to maintain Manchester United's love affair with the Champions League.

United face Barcelona in the Nou Camp tonight needing a sensational victory to reach the semi-finals. The Reds trail 1-0 from the first leg of their quarter-final and are long odds to produce another shock like the one they conjured at Paris Saint-Germain in the last round.

The return to one of the world's most famous stadiums comes before next month's 20th anniversary of United's most historic win – when striker Solskjaer scored the last-gasp goal in 1999 to help his side beat Bayern Munich and lift the European Cup at the Nou Camp.

It completed a remarkable Treble under Sir Alex Ferguson and was the defining moment in Solskjaer's career.

Before that night, current Reds boss Solskjaer rang a friend in Norway and told him he could feel something special was about to happen.

Now he needs something similar to take place again if United are going to keep their European dream alive in 2019. But Solskjaer knows it will take a lot more than sentiment, emotion

and fate to see United knock out the Spanish giants in their own backyard. He said: "We need that little bit extra to beat a team like Barcelona. We weren't good enough against them in the first tie and have to improve."

"You have to deal with the challenge. You're playing against a fantastic team and we must be ready."

"I believe you get what you deserve in sports, that you put your life and effort and determination in and get exactly what you deserve."

"But sometimes people say it has to be our time because of 20 years ago, that I used to play with No.20. But we have to deserve it, we can't rely on fate."

Solskjaer (with United owners Avram and Joel Glazer, below, left) knows it will be an emotional night for him on a personal level as he strides out onto the scene of his greatest triumph. But he is determined to put his personal feelings to one

side and help his team focus on the challenge of beating Lionel Messi and Co at the Nou Camp (where Reds stars Ashley Young and Alexis Sanchez had trouble taking on the sprinklers in training last night, below, right).

He added: "There will be many emotions, because it's a fantastic memory for me."

"The last time I was on the pitch here in 1999 was the only time I've been in the stands since and brought my son to a Clasico in 2016. We were high up also here 10 days ago."

"But I don't look back on that night too often. I'm focused on this game and how we can produce a better display. That's my job now."

Solskjaer knows it all boils down to focus, belief and concentration – because Barca will punish United the split second they switch off.

He said: "Belief is massive because everyone has got talent and ability to play. But we've seen ourselves against PSG, how to get back against a fantastic team."

"Historically Barca have been the best in the last 10 years, so it requires a massive effort. If we give our all and then have a little bit of a lapse in concentration, Barca will hit you."

PROBABLE TEAMS

BARCELONA

Ter Stegen
Semedo
Pique
Lenglet
Alba
Coutinho
Busquets
Rakitic
Dembele
Suarez
Messi

MAN UTD

De Gea
Dalot
Smalling
Lindelof
Young
Matic
McTominay
Pogba
Lingard
Lukaku
Rashford

TV TIMES: Live on
BT Sport 2 from 7pm



BARCA'S RASH JOB

FROM BACK PAGE

but Barca are hoping to take advantage of the uncertainty to make a move for him.

Arch rivals Real Madrid are also keen on the 21-year-old forward.

With former Liverpool

forward Philippe Coutinho likely to be offloaded, Barcelona coach Ernesto Valverde will have money to strengthen his squad.

Ole Gunnar Solskjaer sees the youth-team product as a key part of his plans. But the United

boss has told Rashford, Romelu Lukaku and Anthony Martial that tonight is the time to prove they are worth the big bucks.

He said: "That's the 100million dollar question. Who can score the goals?"



GO GET 'EM Solskjaer gives Lukaku advice



OH WHAT A NIGHT!

Solskjaer lifts the Champions League trophy at the Nou Camp in 1999



CHAMPIONS LEAGUE, QUARTER-FINAL, 2ND LEG
KICK-OFF 8PM AT THE NOU CAMP (BARCA LEAD 1-0)



TARGET Aneke received disgusting racists insults

MK: Aneke abuse is appalling

MK DONS say they are "appalled" after their forward Chuka Aneke was the subject of racist abuse on social media.

The post was published on Instagram following Dons' 2-1 defeat to Tranmere the previous day and was allegedly uploaded by a Rovers supporter.

Dons described the abuse in a statement as "totally disgusting and unacceptable".

Tranmere also insisted they have a "zero tolerance of hate crime" and have referred the post to the police, vowing to impose bans if any of their fans are involved.

MK Dons said: "We are aware of a racist social media post which was directed at one of our players, Chuka Aneke."

"Needless to say, the club is appalled at the nature of this disgusting and unacceptable post. The individual responsible must be held to account and we will play our part in working towards that outcome."



'Bust-up' Joey back

JOEY BARTON is due to return to Fleetwood today to take training after allegedly flooring Barnsley boss Daniel Stendel in a tunnel fracas at Oakwell.

But Town, whose players had yesterday off, say neither they nor manager Barton have been contacted by police.

Stendel was left bloodied on the ground and needing emergency dental treatment following the Tykes' 4-2 win on Saturday.

A police spokesman said they would be investigating reports of an assault.

NOU MAGIC

RON: 'GET OPENER & REDS CAN WIN'



BY JEREMY CROSS
BARCELONA legend Ronaldinho believes Manchester United are capable of producing a shock in the Nou Camp tonight.

United take on the might of Barca in the Champions League quarter-final, trailing 1-0 from the first leg.

The Spanish giants have gone 30 home games in Europe without tasting defeat and are strong favourites to beat United and face Liverpool or Porto in the last four.

But Ronaldinho believes the first goal will be crucial - and home fans will start to get nervous if United can score it.

The Brazilian superstar (above), who spent five seasons with Barca and helped them win the Champions League in 2006, said: "The truth is that

Barcelona should have finished the game in Manchester - but at just 1-0 Manchester United will still believe they are in this tie.

"With the way that Barcelona have been playing and the amount of goals they have been scoring, I do expect them to progress.

"I see them even winning comfortably now. It will all be on the first goal.

"If Barcelona score it, then it will be a long evening for Manchester United.

"But if United can score the first goal, then it's going to make the stadium nervous - and you never know what can happen after that."

Ronaldinho has also backed Tottenham to go all the way to the final. Spurs take on favourites Manchester City at the Etihad tomorrow night

holding a slender 1-0 lead. Pep Guardiola's Quadruple-chasing outfit are expected to survive.

But Ronaldinho insists Mauricio Pochettino's side could be the dark horses.

He said: "Why can't Spurs win the Champions League?

"Because they don't have the history in the competition - or because they have never won it before?

"Every team who has won the Champions League had to win it for the first time once.

"Their result against Manchester City, who are one of the best teams and have some of the best players in the competition, showed that Tottenham can compete with the best.

"At this stage they will believe they can go all the way - and if they play as they can maybe they will."

BIG MATCH FACTS

- Barcelona have never lost at home against Manchester United in European competition (W2 D2), with their last such meeting 0-0 in April 2008.
- Barca have progressed from 39 of their 41 European ties in which they won the first leg away from home - the exceptions were FC Kolin in the 1980-81 UEFA Cup, and Metz in the 1984-85 Cup Winners' Cup.

- United have progressed from one of four previous European ties in which they lost the first leg at home - in the last round against Paris Saint-Germain.
- Ninety per cent of United's Champions League goals this season have come away from home (9/10). However, the Red Devils have won just one of their last five away knockout-stage games in the competition (D2 L2).

- In their first-leg defeat, United failed to register a single shot on target for the first time in a Champions League game since March 2005 (0-1 v AC Milan).

- Barcelona's Lionel Messi has scored 22 goals in 31 Champions League games against English rivals, more than any other player - and 13 in his last nine against English sides at Camp Nou.

MESSI UP FOR A SCRAP

BY JEREMY CROSS
LIONEL MESSI does not fear being roughed up again by Manchester United, according to his Barcelona boss Ernesto Valverde.

Messi was flattened by a Chris Smalling challenge (right) during Barca's 1-0 win at Old Trafford in the first leg of the Champions League quarter-final.

The Argentinian was left with

a bloodied nose and swollen face (right) and appeared to go into his shell afterwards, having little impact on the match.

But Valverde, who did not pick Messi for Saturday's goalless draw with La Liga strugglers Huesca, insists he is fit and raring to go.

"I don't think he is worried about the same thing happening again," said Valverde. "He's perfectly fine after the blow he

suffered. He was OK a couple of days after it."

"But he was a little bit stunned at the time, although he's OK now for this game and ready to go."

Barca are hot favourites to reach the semi-finals, but Valverde added: "We have examples of what United have done in the Champions League away from home this season."

"What I fear most is the spirit they have. You can feel their spirit on the pitch and we expect to see that here."





TIGER'S GOT ME RUNNING SCARED

NICKLAUS ON WOODS: PAGES 48 & 49

**» BARCELONA v MAN UTD**NOU CAMP
KICK-OFF 8PM

£100M



Barça plotting a stunning summer swoop for Rashford



But Ole warns him: Show you're worth big bucks

EXCLUSIVE BY DAVID McDONNELL and JEREMY CROSS in Barcelona

BARCELONA want to sign Manchester United striker Marcus Rashford this summer in a stunning £100million swoop.

Barca hold a 1-0 lead over United going into tonight's Champions League quarter-final second leg – and have identified England striker Rashford as their top transfer target.

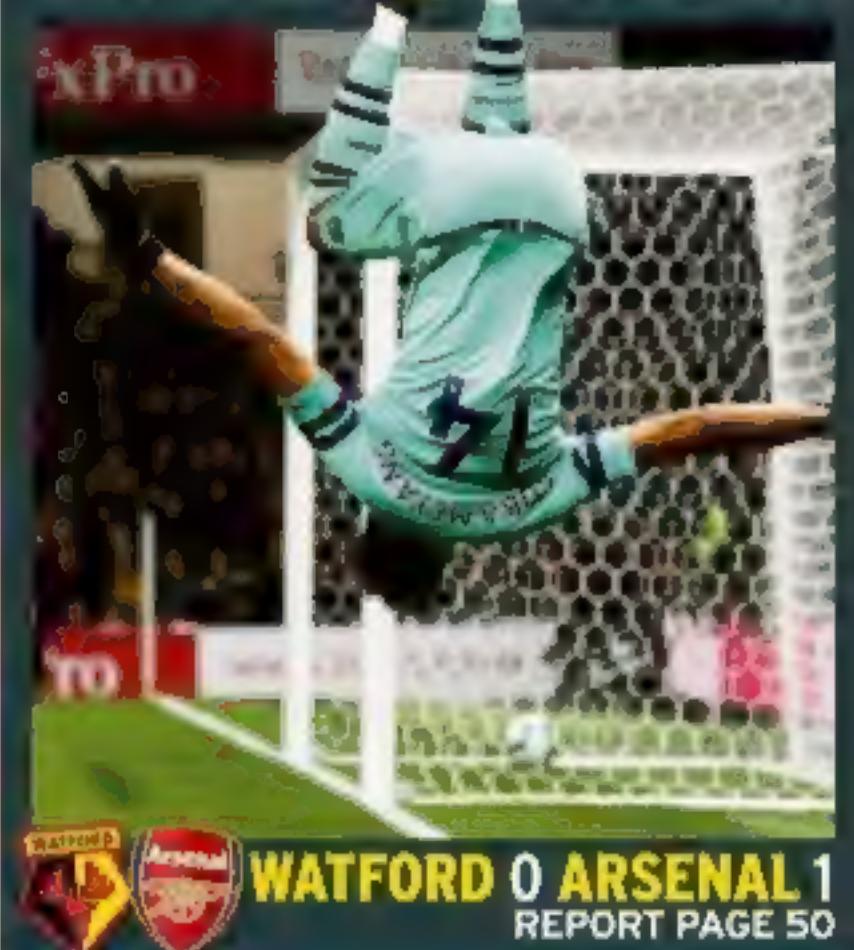
Rashford, who has one year left on his contract, with United holding an option to extend for a further 12 months, has yet to agree a new deal, despite talks over several months. He wants £300,000 a week

TURN TO PAGE 54

IN THE SPOTLIGHT
Rashford is wanted;
(right) Solskjaer
with club owners
Avram and Joel
Glazer



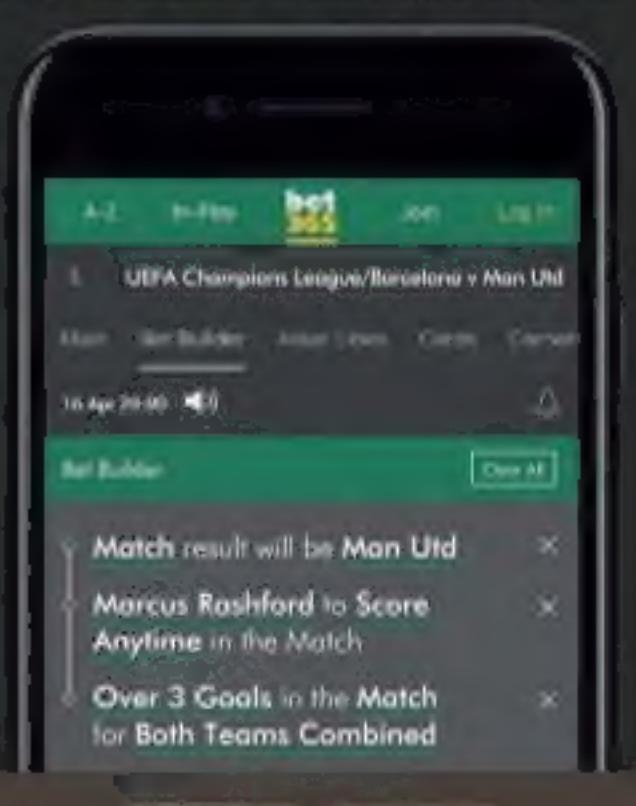
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